

Living with chronic conditions is stressful and costly for your members and your bottom line, but it doesn't have to be.

Welcome to Abacus Health Solutions, a pioneer in the behaviorally focused disease management field.

Our approach is simple

Attack the high cost drivers with precision focused interventions proven to improve health, reduce hospitalizations and lower costs.

Utilizing the latest in healthcare technologies

Our programs for diabetes, hypertension and weight are built to foster high rates of adoption, drive members to providers, leveraging remote monitoring technologies, and align with healthcare goals of quality and outcomes.

Resulting in Healthier, Less Costly, More Productive Members

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Three programs proven to improve outcomes and lower costs







Diabetes Care Rewards

A data driven intervention with a proven record of positive return on investment that:

- Closes gaps in care
- Improves medication adherence
- Delivers behavioral incentives

Success is based on reductions in A1c, hospital admissions, length of stay and medical and pharmacy claims.

Proven Results

-  **40-60%** Engaged
-  **-15%** Reduction in A1cs over 10
-  **-9%** Reduction in Hospital Days per 1000*
-  **-10%** Reduction in Medical Claims*

*For all member with diabetes on the plan, not just participants







eBlood Pressure

An intervention proven to bring blood pressure into normalized ranges that focuses on:

- Remote blood pressure monitoring
- Sharing readings with PCP
- Medication Therapy Management

Success is based on blood pressure readings and reductions, provider engagement, hospital admissions and claims.

Proven Results

-  **50-60%** Engaged
-  **-1 to -6** mmHG reduction in BP*
-  **-26%** Reduction in Hospital Admits per 1000
-  **-4%** Reduction in Medical Claims

*Both systolic and diastolic readings



Healthy Weight Healthy Heart®

A total population prevention program that focuses on:

- Annual well visit with PCP
- Age/Risk related screenings
- BMI/Weight tracking

Success is based on engagement with high risk members, provider screenings and weight loss.

Proven Results

-  **50-80%** Engaged
-  **-2 to -3** Point reduction in BMI*
-  **10-25%** Increase in PCP visits
-  Screenings above health plan norms

*Even a 1 point reduction in BMI can reduce claims cost by 1.9%