



Teladoc  
HEALTH

CHRONIC CONDITION MANAGEMENT PLUS

# An integrated approach to managing multiple chronic conditions



Treating the whole person is the key to lasting change

**The impact of living with multiple chronic conditions is profound.** Not only does it affect health and well-being, but it also contributes exponentially to the rising cost of healthcare.

Bringing together the best of hypertension, diabetes, prediabetes and weight management, then integrating it with mental health, can inspire lasting change.<sup>1</sup> It starts with a data-driven approach that leverages billions of data points to engage members effectively—no matter which condition, or conditions, they have. Connected devices and expert coaching offer comprehensive and personalized support for multiple conditions.

The impact of chronic conditions

**48%**

OF PEOPLE WITH CHRONIC CONDITIONS SAY MENTAL HEALTH ISSUES WERE A RESULT OF OR NEGATIVELY IMPACTED THEIR CHRONIC CONDITION<sup>2</sup>

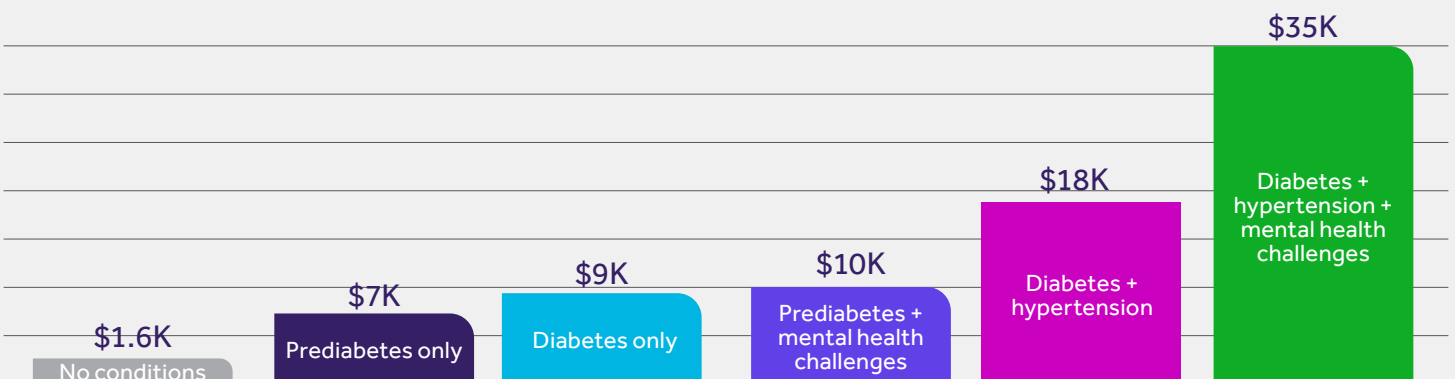
**78%**

PREFER A SINGLE, UNIFIED EXPERIENCE TO MANAGE THEIR HEALTH<sup>3</sup>

**21x**

ANNUAL COST PER PERSON WITH THREE CHRONIC CONDITIONS COMPARED TO THOSE WITH NONE<sup>4</sup>

Annual direct healthcare costs per person<sup>5</sup>





## A connected approach to chronic conditions

Three solutions—each characterized by an anchor condition—offer an effective way to manage multiple health challenges and up to \$180 PPPM in cost savings<sup>6</sup>

- Diabetes Management Plus also includes tools to manage hypertension, weight and mental health
- Hypertension Management Plus also includes tools to manage weight and mental health
- Prediabetes Management Plus also includes tools to manage hypertension, weight and mental health

## Key features

### Connected devices

- **Relevant devices available** for each program
- **Unlimited supplies**, test strips and lancets
- **Data collected in one place** for a unified experience

### Personalized health signals

- **HealthNudges™** deliver calls to action when people are most receptive
- **Remote outreach and assistance** in the case of extreme blood glucose readings
- **Action plans** guide members based on health goals across conditions

### Expert coaching

- **Certified coaches** provide support in their areas of expertise
- **Dedicated coach** across conditions provides members with long-term guidance and access
- **Mental health** support which includes digital therapeutics and licensed coaching all the way through crisis management

### Measurable clinical outcomes

**2.1%**

AVERAGE A1C REDUCTION FOR MEMBERS WITH STARTING A1C >8% AND SUSTAINED OVER 5+ YEARS<sup>7</sup>

**13-point**

AVERAGE SYSTOLIC BLOOD PRESSURE REDUCTION AFTER ONE YEAR<sup>8</sup>

**5%**

AVERAGE WEIGHT LOSS FOR MEMBERS AFTER ONE YEAR<sup>9</sup>

<sup>1</sup>Data on file (DS-10502, 2022)

<sup>2</sup>Chronic Condition Consumer Study, Teladoc Health, 2022

<sup>3</sup>Mental Health Research Report: Consumer experience with mental health services, Teladoc Health, 2022

<sup>4</sup>Data on file. (DS-4266)

<sup>5</sup>Ibid.

<sup>6</sup>Savings based on diabetes anchor condition using multi-condition ROI methodology, white paper available upon request

<sup>7</sup>Data on file. (DS-10609 for members starting A1c  $\geq$  greater than 8, 2022)

<sup>8</sup>Data on file. (DS-8290 for members starting in Stage 2, 2021)

<sup>9</sup>Data on file. (DS-12600 for highly engaged members starting with BMI  $\geq$  30, 2022)

LEARN MORE: [TeladocHealth.com](https://TeladocHealth.com) | [engage@teladochealth.com](mailto:engage@teladochealth.com)

**About Teladoc Health:** Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

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