



# WORKFORCE WELLNESS PAYS OFF

Prioritize type 2 diabetes prevention for your workforce and help your employees build healthy new habits that last a lifetime.

- ✔ Your employees with prediabetes are at higher risk of type 2 diabetes, heart disease, and stroke.
- ✔ Healm will help you design and implement a type 2 diabetes prevention strategy for your workforce.
- ✔ You can offer a lifestyle change program recognized by CDC to prevent or delay type 2 diabetes to your employees.



[HealmAtWork.org](https://HealmAtWork.org)

EMPLOYERS CAN MAKE AN IMPACT THROUGHOUT

# The Continuum of Diabetes Prevention & Management

## ADDRESSING RISK FACTORS

Employers can assess and identify employees at the highest risk:

### Non-Modifiable Risk Factors:

genetics, race and ethnicity, gestational diabetes, and family history of diabetes

### Modifiable Risk Factors:

smoking, weight, physical activity, and nutrition

Proactively provide your employees with information and guidance:

### PROMOTE HEALTHY LIFESTYLES THROUGH POLICIES AND PROGRAMS

- ✓ Educate employees on diabetes risk factors
- ✓ Provide opportunities to take a type 2 diabetes risk test
- ✓ Incentivize annual physicals, including blood glucose tests
- ✓ Provide employee wellness options that include the National DPP lifestyle change program

## PREVENTING TYPE 2 DIABETES

Employees with prediabetes (A1C=5.7–6.4) can reverse it by:

### Adopting a healthy lifestyle

#### Losing weight

#### Increasing physical activity

#### Eating healthy

Help employees stay motivated and empowered:

### OFFER THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM AS A COVERED BENEFIT

- ✓ The effects of structured lifestyle interventions can last a lifetime
- ✓ Cut the risk of developing type 2 diabetes in half using an evidence-based, cost-saving program
- ✓ Improve employee productivity and long-term health outcomes
- ✓ Expand support groups to promote sustained healthy lifestyle changes

## MANAGING DIABETES

Employees with type 2 diabetes (A1C ≥ 6.5) can prioritize self-management efforts to help:

- Improve control of A1C, blood pressure, and cholesterol
- Prevent or delay serious diabetes-related complications
- Reduce health care costs
- Manage stress
- Improve self-efficacy and quality of life

Support and foster employee self-management activities:

### MAINTAIN DIABETES MANAGEMENT EFFORTS

- ✓ Offer diabetes self-management education and support (DSMES) as a covered benefit
- ✓ Lower health care co-pays
- ✓ Reduce costs for medications and supplies
- ✓ Provide access to behavioral health counseling

## AVOIDING HIGH COST COMPLICATIONS

Employees with type 2 diabetes have an increased risk of:

- Heart disease
- Stroke
- Loss of toe, foot, or leg
- Kidney disease
- Vision loss

Equip employees with the resources and access to care:

### PROMOTE EARLY DETECTION AND TREATMENT

- ✓ Incentivize annual physicals, dental exams, eye health, recommended bloodwork, and other preventive services
- ✓ Encourage physical activity through employee programs and walking groups
- ✓ Provide education on eye health, diabetes complications, and cardiovascular disease

## Meet Healm

Healm is a free, online decision-support tool that helps employer benefit decision-makers make informed decisions about providing the National DPP lifestyle change program as a covered benefit for employees.

Through Healm, employers can offer the National DPP lifestyle change program as a covered benefit and prevent type 2 diabetes in the workforce—thus reducing diabetes-related costs and helping improve health and wellness for employees.

## One Free Resource Provides a Wealth of Information

- ✓ WEB CONTENT
- ✓ CUSTOMIZED DATA DASHBOARD
- ✓ PERSONALIZED GUIDE SUPPORT
- ✓ INTERACTIVE MODULES
- ✓ DOWNLOADABLE RESOURCES
- ✓ EXPLANATORY VIDEOS



# A Robust Online Tool to Guide Employers Through the Journey to Coverage

The Healm Program Pathway guides employers through key steps for successful implementation of the National DPP lifestyle change program. Each employer who signs up for Healm will be connected to a trained Guide that will provide support through various considerations related to coverage of the National DPP.

Each step in the Program Pathway includes sections that provide you with more information or ask you to share information about your organization.

Progressing through the steps in Healm does not have to be linear. You can begin working in various sections while your activities to establish coverage are taking place.

The screenshot shows the Healm website interface. At the top left is the Healm logo. To the right are links for 'Learn More', 'About Us', and buttons for 'Login' and 'Register'. Below this is a grid of 9 steps, each with a representative image and a caption:

- 1: Get Started** (Image: Warehouse interior)
- 2. Estimate the Impact of Diabetes Prevention** (Image: Woman looking at a tablet)
- 3. Explore Program Options** (Image: Group of people in a meeting)
- 4. Understand Eligibility and Identification Methods** (Image: Man presenting to a group)
- 5. Plan for Recruitment and Enrollment** (Image: Meeting with a person in a wheelchair)
- 6. Define Engagement Strategies** (Image: People exercising outdoors)
- 8. Build Leadership Support** (Image: Woman presenting to a group)
- 7. Measure Your Success** (Image: Woman working at a desk)
- 9. Implement and Sustain Your Program** (Image: People in an office setting)



# HEALM GUIDES ARE AVAILABLE

**WE HAVE TRAINED PROFESSIONALS READY TO SUPPORT YOUR DIABETES PREVENTION STRATEGY AT NO COST TO YOU.**

When you sign up for Healm, you'll be connected to a trained Guide. You'll receive support and expertise to help you make decisions about how to cover the National Diabetes Prevention Program (National DPP) lifestyle change program.

Most of our Guides are diabetes staff in state health departments who work with local business coalitions on health or chambers of commerce. They've been working in your state and communities to reduce type 2 diabetes in the workforce and make connections with partners like you.

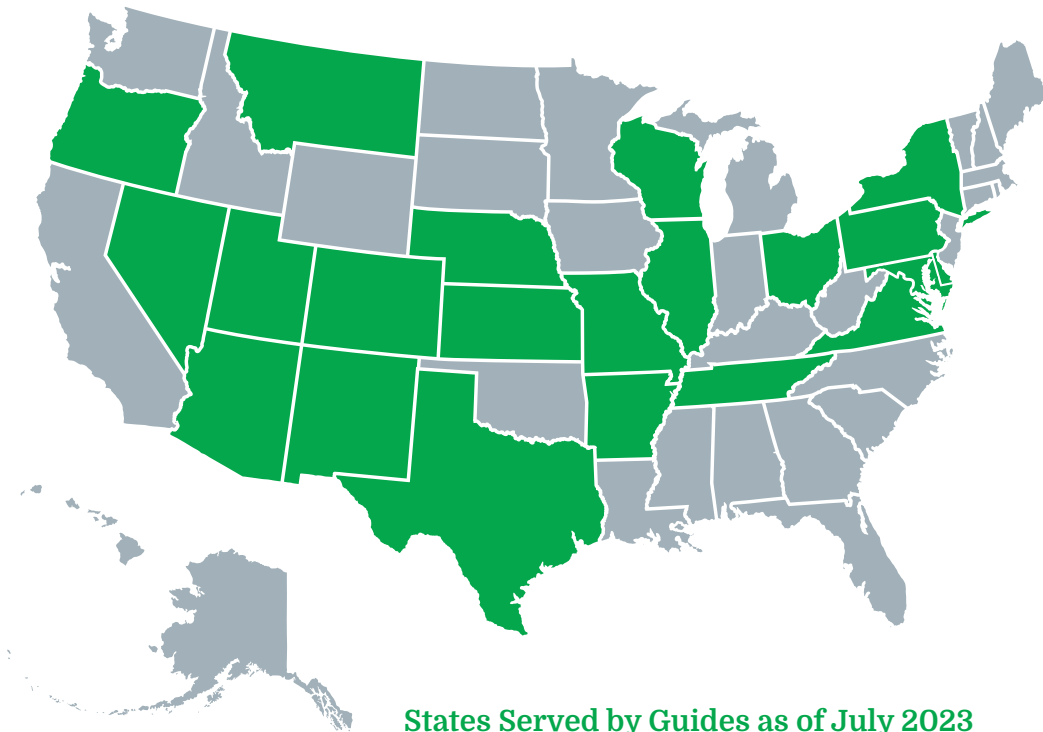
**Healm Guides provide the knowledge to help you adopt the National DPP lifestyle change program as a covered benefit for your employees.**

## HEALM GUIDES WILL:

- ✓ Monitor your progress and connect you to state and local resources, as needed.
- ✓ Anticipate times you may need additional help and proactively reach out to you.
- ✓ Answer support tickets that you submit to the Healm platform.

## NO GUIDE IN YOUR STATE YET? NO PROBLEM!

We'll connect you to a national expert to help answer your questions. Visit [HealmAtWork.org/Learn-More](https://HealmAtWork.org/Learn-More) for more information.



States Served by Guides as of July 2023



diabetes prevention for your workforce

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**Register for FREE at [HealmAtWork.org](https://HealmAtWork.org)**



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