



House Resolution 32 and  
GHIP Diabetes Programs and  
Services

September 23, 2024

# House Resolution 32

- Introduced and passed the House on 6/27/24
- This resolution urges the SEBC through DHR/SBO to collaborate with a health system partner and a technology partner to deliver focused and targeted care protocols to a measurable cohort of GHIP plan participants to proactively address the growing problem of diabetes and metabolic syndrome in the population.
- The overall goals of this resolution are to improve the health of our employees and plan members, which would result in better health outcomes, improved quality of life and a potential decrease in plan costs for participants and the State.
- The SBO has been working internally on a strategy to address the requests of this resolution and has released a report detailing the current diabetes/metabolic syndrome programs and services that are offered, as well as details on participation in these programs and available outcomes.

# Highmark non-Medicare Programs

## Livongo® by Teladoc Health - Diabetes Management

- A free diabetes monitoring program, provides access to Certified Diabetes Care and Education Specialist to help with diabetes management, Livongo Expert Coaches who are available 24/7 if there is an issue, as well as a meter and test strips.
- The program is available to employees, pensioners and their covered spouses and dependent children living with type 1 or type 2 diabetes who are enrolled in a Highmark Delaware health plan.

## Livongo® - Diabetes Prevention Program

- Includes expert led coaching sessions for nutrition, behavior change and exercise (telephonic support when preferred); a moderated online community with peer support; an online app and web dashboard including food, weight and activity tracking; and email or text messaging for personalized coaching.

# Highmark non-Medicare Programs (continued)

## **Custom Care Management Unit (CCMU)**

- CCMU Health Coaches help members work more closely with their doctor and get more involved in their own care. Health Coaches are specially trained registered nurses, therapists and other medical professionals. Members can get the support they need for managing their diabetes, losing weight, eating better, quitting smoking and managing stress.

## **Blue 365 Discount Program**

- Members looking for discounted gym memberships, weight loss programs, discounts on massage therapy and more can all be found on the Blue 365 website.
- As this is a discount program and is not administered by the Statewide Benefits Office, no data is collected or reported to the State on participation, metrics or results.

# Highmark Medicare Programs

## Transform Diabetes Care® - Medicare Prescription Plan – SilverScript

- Eligible State of Delaware Medicare Plan members with Prescription Coverage through SilverScript, have access to the enhanced Transform Diabetes Care® (TDC) program from CVS Caremark®.
- TDC provides a holistic way to manage diabetes and overall health. In addition to glucose monitoring, TDC uses health information the user shares to provide personalized health coaching based on their specific needs. Users have access to trusted advice on nutrition and lifestyle habits as well as reminders about screenings and more. This benefit is available at no cost to Employer Group Waiver Plan (EGWP) SilverScript members.

# Aetna Programs

## Transform Diabetes Care®

- The Transform Diabetes Care® program is a 12-month program that helps keep diabetes in check at no extra cost to the member.
- It gives customized guidance based on the member's specific needs.
- With the CVS Health Tracker™ app, members can monitor their glucose and blood pressure; track and share readings; learn more about diabetes and maintaining a healthy lifestyle; make meals that align with their dietary restrictions and more.
- To stay on track, members can get personalized support from Certified Diabetes Care and Education Specialist nurses.
- Anyone managing diabetes is automatically enrolled.

# Aetna Programs (continued)

## Solera – Diabetes Prevention Program

- Solera is an innovative program designed to help members lose weight, adopt healthy habits and reduce the risk of developing type 2 diabetes through participation in a personalized program.
- This one-year lifestyle change program includes 16 weekly sessions followed by monthly sessions for the rest of the year, access to a lifestyle health coach to help set goals and keep members on track, small group support and helpful tools to assist members in their journey.
- Solera matches qualified members with a program that best fits their preferences and needs.
- Members can choose from different programs that are online or in-person and from proven solutions like WW (Weight Watchers®).
- Solera is available at no cost to those who qualify. Members who enroll and complete four weeks of the program will receive a Fitbit® at no additional cost.

# Aetna Programs (continued)

## **AbleTo, Inc.**

- AbleTo provides behavioral health treatment to members identified with certain medical conditions (including diabetes) or who are going through life changes.
- Members can self-refer for this program.

## **Aetna One Advisor (A1A)**

- A1A is a free resource to help Aetna members manage their health, coordinate care, and meet health goals.
- They help members understand their benefits, save money, make sure they are sticking to their care plan, find programs to manage stress or help with a condition, make health care easier, get support and answers during pregnancy and after childbirth, help manage diabetes and other chronic conditions, help understand a new diagnosis and get answers to health and plan questions.



# Other GHIP Programs and Resources

## **YMCA of Delaware – Diabetes Prevention Program (Highmark and Aetna)**

- For members at risk of type 2 diabetes, the YMCA's Diabetes Prevention Program provides a supportive environment where they will work with others in a small group setting to learn how to adopt healthy habits in order to reduce their chances of developing type 2 diabetes.
- The YMCA program is based on the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC). This program showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58%.
- Over the course of 25 one-hour sessions in a relaxed classroom setting (YMCA branches, community sites or worksites), a trained Lifestyle Coach teaches participants skills that will help them lead a healthy lifestyle.
- As added benefits through the YMCA of Delaware, participants will receive up to 4 free months of family membership at the YMCA of Delaware.

# Other GHIP Programs and Resources (continued)

## **Diabetic Medications & Supplies Savings Program (as part of the CVS Caremark Prescription Plan)**

- Under the State of Delaware prescription plan administered by CVS Caremark, diabetes supplies (including lancets, test strips, and syringes/needles) are provided at no cost when the prescription is filled at a retail participating pharmacy or via mail-order-based CVS Caremark Home Delivery.
- Multiple diabetes medications may be obtained for just one copay when the prescriptions are filled at the same time at a 90-day participating pharmacy or the mail-order-based CVS Caremark Pharmacy.

## **Diabetic Eye Care Benefit**

- Available to members enrolled in the EyeMed State Vision Plan. Eligible members with type 1 or type 2 diabetes can obtain a vision evaluation every six months, up to two times per benefit year, to monitor for signs of eye-related diabetes complications. Eligible members may also qualify for retinal imaging, extended ophthalmoscopy, gonioscopy, or laser scanning.

# Other GHIP Programs and Resources (continued)

## **Husk Wellness**

- All employees and pensioners of Delaware state agencies, school districts, charter schools, Delaware Technical Community College, Delaware State University, and participating groups (e.g., University of Delaware, Delaware Solid Waste Authority, Delaware Transit Corporation, towns, cities, and fire companies), as well as their spouses and children, also have access to discounted gym memberships and fitness equipment/technology through Husk Wellness.

## **Gym Discounts**

- The State of Delaware provides opportunities for gym discounts in all three counties which are available to all employees and pensioners of Delaware state agencies, school districts, charter schools, Delaware Technical Community College, Delaware State University, and participating groups (e.g., University of Delaware, Delaware Solid Waste Authority, Delaware Transit Corporation, towns, cities, and fire companies), as well as their spouses and children.

## **Employee Assistance Program (EAP) - ComPsych® GuidanceResources®**

- The ComPsych® GuidanceResources® program is a free program available exclusively for State of Delaware Group Health Plan non-Medicare members and their dependents.
- Assistance is available for confidential emotional support from highly trained clinicians, online support, interactive digital tools that contain guided programs for anxiety, mindfulness, fitness and nutrition, personal health and more.

# Thank You



Email: [SEBC@delaware.gov](mailto:SEBC@delaware.gov)

Website: [de.gov/statewidebenefits](http://de.gov/statewidebenefits)