

Addressing Cardiometabolic

APWU Health Plan Digital Diabetes prevention and Obesity solution



What is cardiometabolic?

Cardiometabolic describes the complex interrelationship between:



**Cardiovascular
disease (CVD)**



**Type 2
diabetes**



Obesity



**An epidemic of
historic proportions:**

THE CHALLENGE :

Cardiometabolic is progressive. Having a diagnosis of one related condition qualifies you for having cardiometabolic, **but many have a combination of two or more.**

Health care experts have been studying this relationship since the 1970s, but the term is just now becoming known and understood throughout the industry.

Over 90%
of U.S. adults
have suboptimal
cardiometabolic health¹

1. Journal of the American College of Cardiology, 80(2): 138–151. *“Trends and Disparities in Cardiometabolic Health Among U.S. Adults, 1999–2018.”* 2022.

GLP1s: What you need to know

- + **GLP1s:** Glucagon like Peptides; a class of medications that can help manage Type 2 diabetes and obesity. They're often injection medications. Examples include Ozempic, Wegovy, Trulicity.
- + **Drug Shortages:** In 2023 and for much of 2024, there were manufacturer shortages with the medications and both retail pharmacies and the Express Scripts mail order pharmacy had limited drug stock available. Shortages appear to back to normal levels.
- + **Cost:** Very expensive. The cost of a 30/90 day supply averages \$1400/\$4200. APWU Health Plan members pay a maximum of \$300 for a 90 day supply.
- + **Prior Authorization Rules and Program Engagement Requirements**
 - + for use with Diabetes, your physician must confirm the Type 2 diagnosis
 - + For Weight Loss usage, there is a BMI requirement: BMI greater to or equal to 30 OR BMI of 27 or higher with one cardiovascular comorbidity: ex) high blood pressure, diabetes, high cholesterol

DIABETES

TYPE 1 DIABETES



LifeScan digital Glucometer

for qualified members

Test Strips through Pharmacy Benefit

\$0 cost share at home delivery

Insulin \$25 for 30 days supply (specific insulins apply- see APWUHP website or call Express Scripts)

TYPE 2 DIABETES



Oral Medications

Generic diabetes medications at home delivery for \$0

GLP-1's — Prior Authorization required for documentation of Type 2 diabetes (example: Byetta, Ozempic, Mounjaro)



Diabetes remote monitoring with LifeScan offered at no charge to APWU Health Plan members

Meaningful data empowers members and enables clinicians to make proactive, tailored interventions



**Bluetooth-enabled
blood glucose meter**
for easy testing



Personalized analytics
inform patient health
tracking and coaching



**Diabetes pharmacists in the
Therapeutic Resource CenterSM**
identify dangerous trends and reach
out to patients via phone and email

Tracking readings with One Touch Reveal®



Automatically tracks your readings all in one place



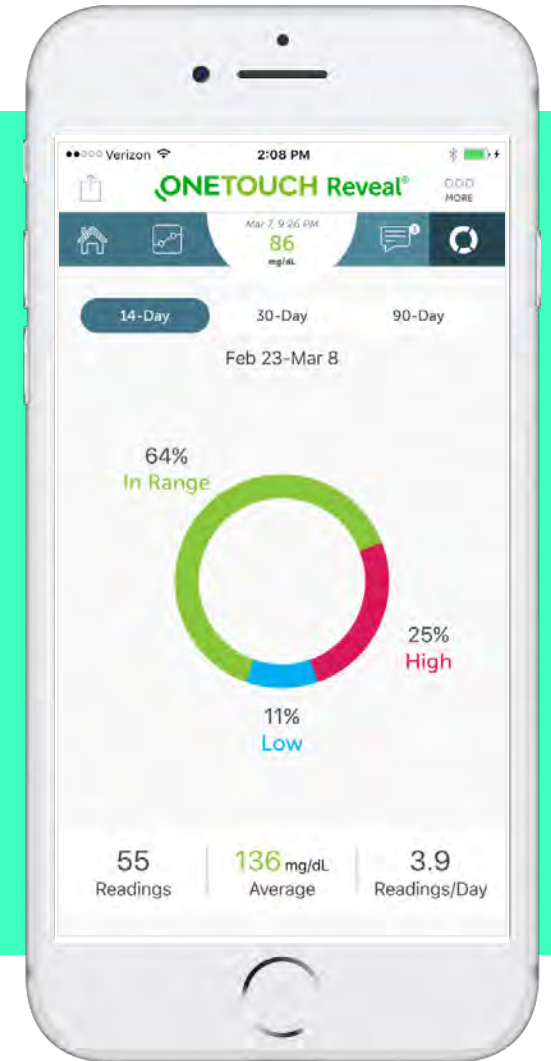
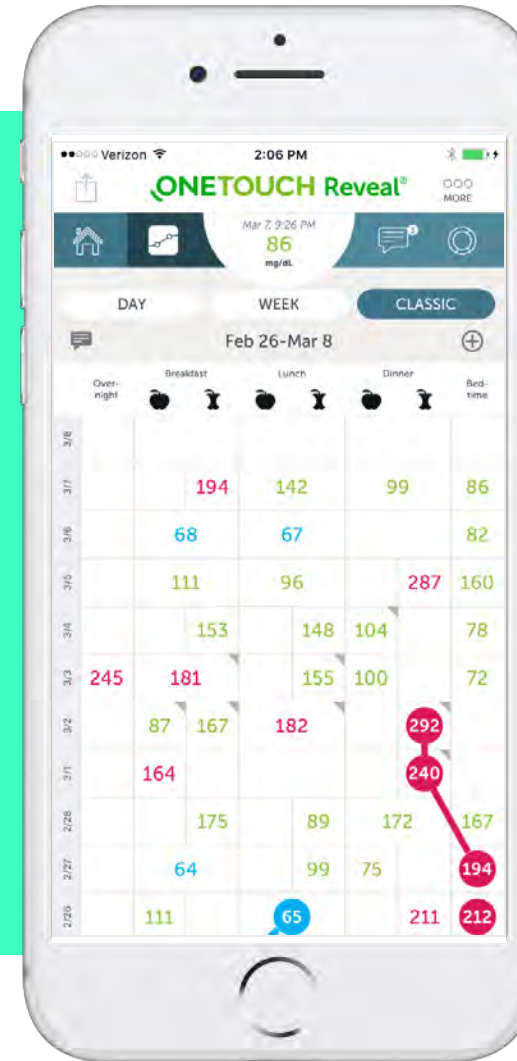
Visibility of a 14-, 30- or 90-day lookback at trend data



Easily share your results with a doctor or caregiver, in addition to your Express Scripts care team*



Access via mobile app or web portal



Weight Loss APWU Health Plan and Omada

Higher patient BMI and documentation of comorbidities along with Lifestyle Modification

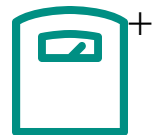
Available for members age 12 and older



STEP 1: Enrollment into Omada- qualified members will be sent an invitation from Express Scripts

STEP 2: Ongoing engagement in the Omada lifestyle modification program

Step 3: Prior Authorization Required for Weight Loss Medications (example Wegovy, Zepbound)



BMI REQUIREMENTS

BMI \geq 30 OR BMI of 27 or higher with one cardiovascular comorbidity: high blood pressure, diabetes, high cholesterol



A customized, personalized experience based on participants unique needs and goals

- | | | |
|---|-----------------------------------|---|
| 1 | Cellular service connected device | Participants receive a connected scale to help track progress, and provide personalized feedback to reveal what is and isn't working. |
| 2 | Professional health coach | Each participant is paired with a compassionate, proactive coach skilled in prevention and interpretation of participant's unique data. |
| 3 | Evidence-based curriculum | Weekly engaging lessons focus on knowledge and practical skills that build self-efficacy around chronic disease prevention. |
| 4 | Supportive peer group | Each participant is matched with a group of like-minded peers facing similar challenges to motivate and encourage participants. |
| 5 | Insightful health goals | Real-time data and personalized coach feedback empower participants to make meaningful progress each day. |
| 6 | Healthy habits that stick | Participants practice techniques for making their healthy habits stick, for good. |



Members receive:

- + Cellular scale and weight management content
- + One-on-one guidance with professional coaches
- + Digital diary of readings and food tracking with actionable insights
- + Additional support from peers and community boards

Is lifestyle change the key to GLP-1 success?

A recent analysis done by Omada and Express Scripts PBM saw a positive relationship between high engagement in the Omada for Prevention program and weight loss.



Participants who used GLP-1s

and were more engaged in Omada for Prevention lost more weight than those who used GLP-1s and were less engaged.

Program engagement

such as engaging with a personal coach, posting on discussion boards, setting goals, completing lessons, stepping on the scale, and tracking meals, **were predictive of greater weight loss over time.**

The strongest association

with weight loss was apparent when there was **a relationship with the health coach and with fellow Omada members,** which suggests the importance of social support in health behavior change.

[CLICK HERE](#) TO READ THE FULL REPORT

This analysis was conducted using Express Scripts' pharmacy claims data from October 2022 through May 2023. for **Evernorth SafeGuardRx®** members participating in the **Omada for Prevention** program with a baseline weight and at least one follow-up monthly weight.

Weight Loss Medication- Results and What to Watch For:

Q: How does body composition change as a result of taking a GLP-1?

+ Two ways that body composition changes during GLP-1 use include:

- Lean Muscle Loss - Research indicates lean body mass reduction of 39% of total weight lost. This leads to changes to metabolism, physical health and wellbeing. The muscle lost is not easily restored after discontinuing a GLP-1.
- Weight Regain - While studies have demonstrated that GLP-1s can help people with obesity lose as much as 15-21% of their body weight, one study found that most people regained an average of 2/3 of the weight they lost within a year of stopping the medication and supporting lifestyle intervention.

Cardiovascular- Hypertension

APWU Health Plan and Omada

A curated, personalized experience based on participants unique needs and goals

1	Remote blood pressure monitoring	Participant's blood pressure values monitored at least weekly and coaches discuss important trends between lifestyle and values.
2	Professional health coach	Each participant is paired with a coach skilled in hypertension management and the interpretation of blood pressure data.
3	Cardiovascular risk curriculum	Weekly engaging lessons focus on knowledge and practical skills that build self-efficacy around hypertension self-management.
4	Health maintenance	Coaches help participants identify which diagnostic tests they may need, including screening EKGs, thyroid/kidney function tests.
5	Medication self-management	Coaches address challenges to taking medications, and use data to help ensure PCP visits at the right cadence for adjustments.
6	Care navigation	Coaches ensure participants are accessing necessary preventive services to minimize the risks of complications from hypertension.



Members receive:

- + Cellular service-connected blood pressure monitor
- + Cellular scale and weight management content
- + Digital diary of readings/events with actionable insights
- + Additional support from peer group and community boards

ACCREDITED Specialty Pharmacy

Patient Benefits thru Accredo, the Express Scripts Specialty Pharmacy

- Specialized care for patients with chronic and complex health conditions
 - Examples Include: Inflammatory Conditions, Cancer, HIV
- Ongoing support from pharmacists and nurses with specialized training and expertise
- Individualized patient counseling and education:
 - Care management, including information and support directly to the patient
 - Coordination of care with the patient's case manager and/or home care agency
 - Specialty Drug educational materials and product information



ALSO,

- Logistics coordination of delivery to patient's home or physician's office
- Ancillary supplies provided with each injectable medication

Call the Express Scripts Number on Your HealthPlan ID card, or Accredo directly at: 844-581-4862