APWU Health Plan's Health Benefit Officers Seminar 2014

Washington, DC and Las Vegas, NV



I AM PART OF A COMMUNITY:

DIABETES IS PART OF MY COMMUNITY

Dr. Christina Stasiuk
Cigna Medical Director for APWU

Together, all the way.

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AN INVITATION TO A PARTY

Come to a PARTY!!!

Let's Celebrate

Tuesday @ 2 PM

Lunch Room

Bring Cookies & Cakes



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A DAY IN YOUR LIFE

A day in your life with diabetes

Together, all the way.

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WHAT WILL WE TALK ABOUT? DIABETES

1. Know about it
2. Talk about it
3. Work together
4. Advocate

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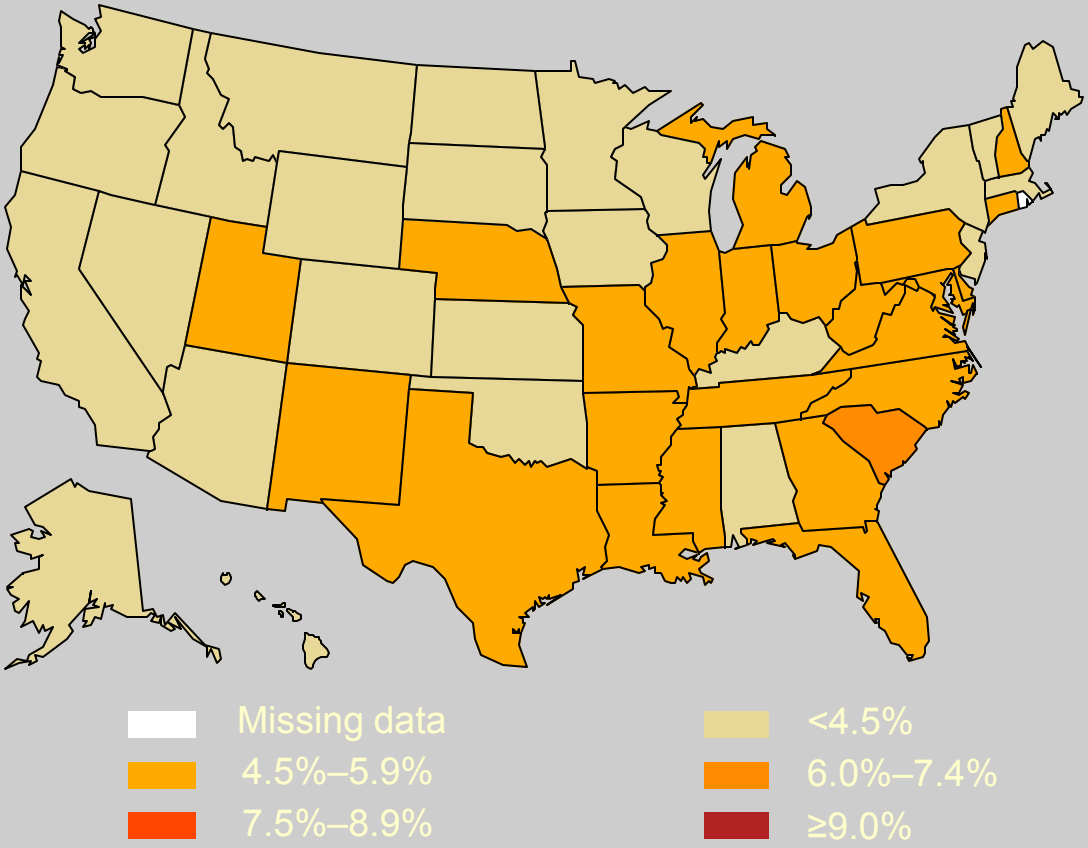
Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults

1994



CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at http://www.cdc.gov/diabetes/statistics

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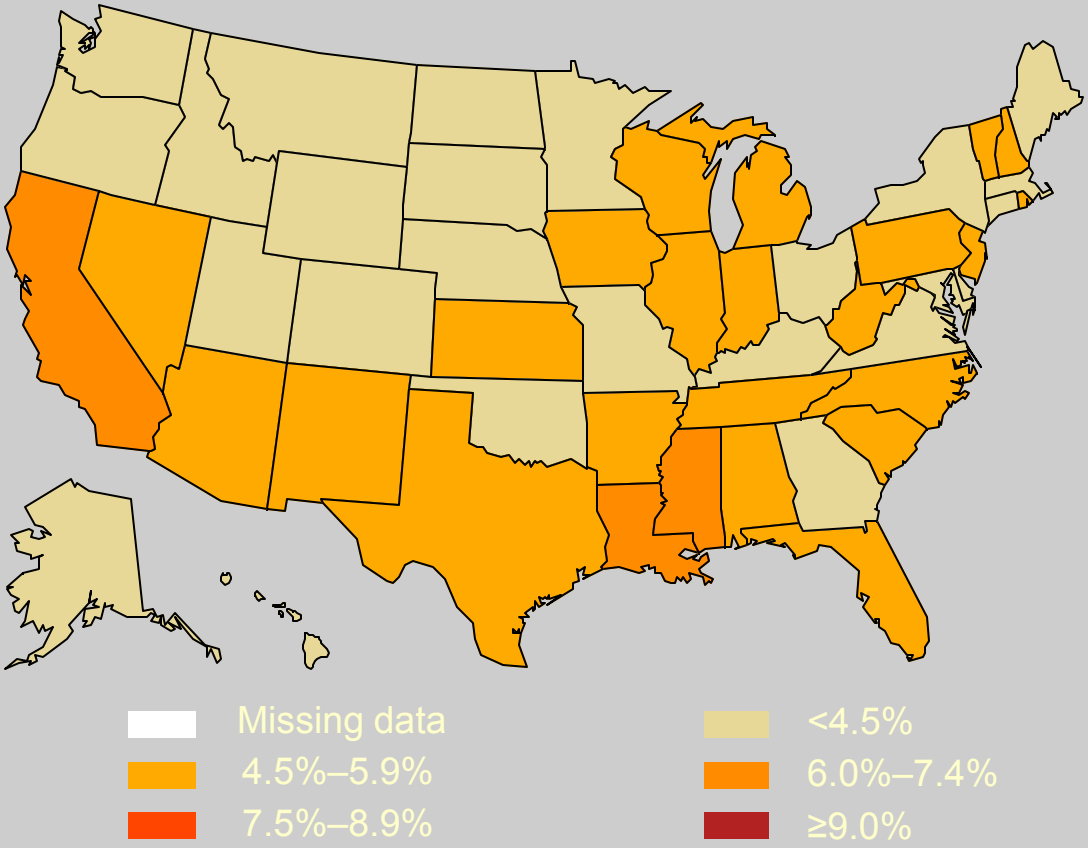
1995



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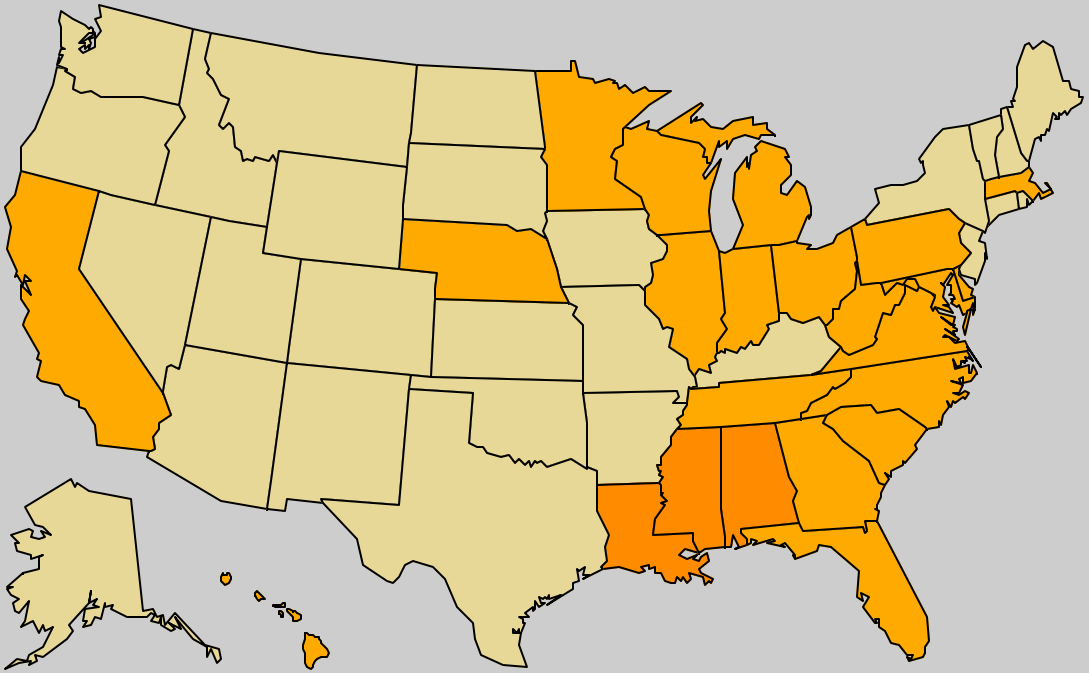

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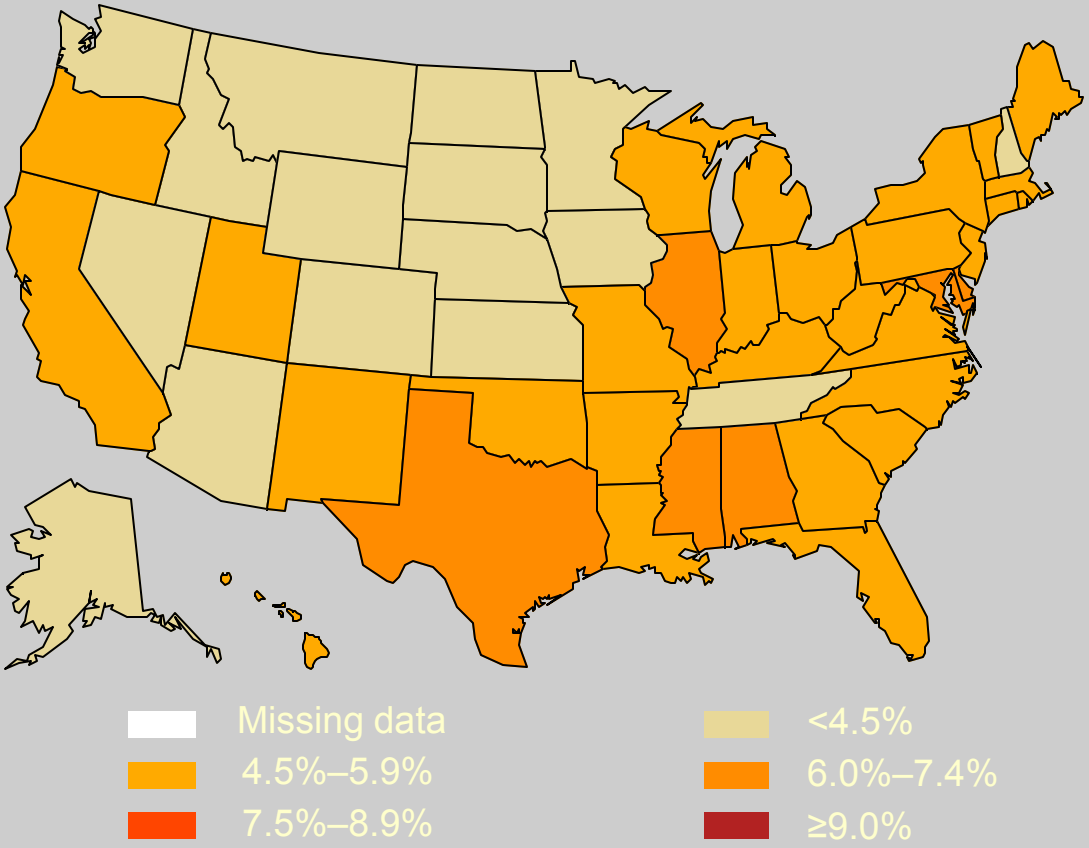
Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults

1997



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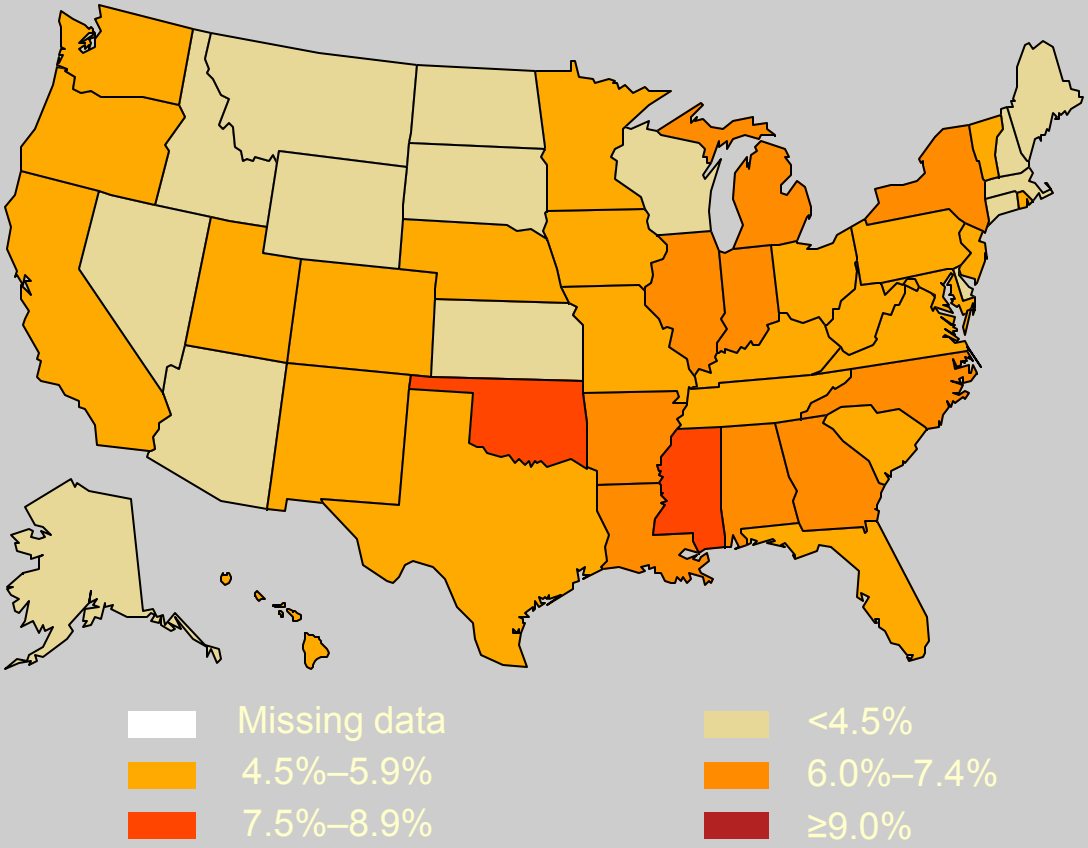

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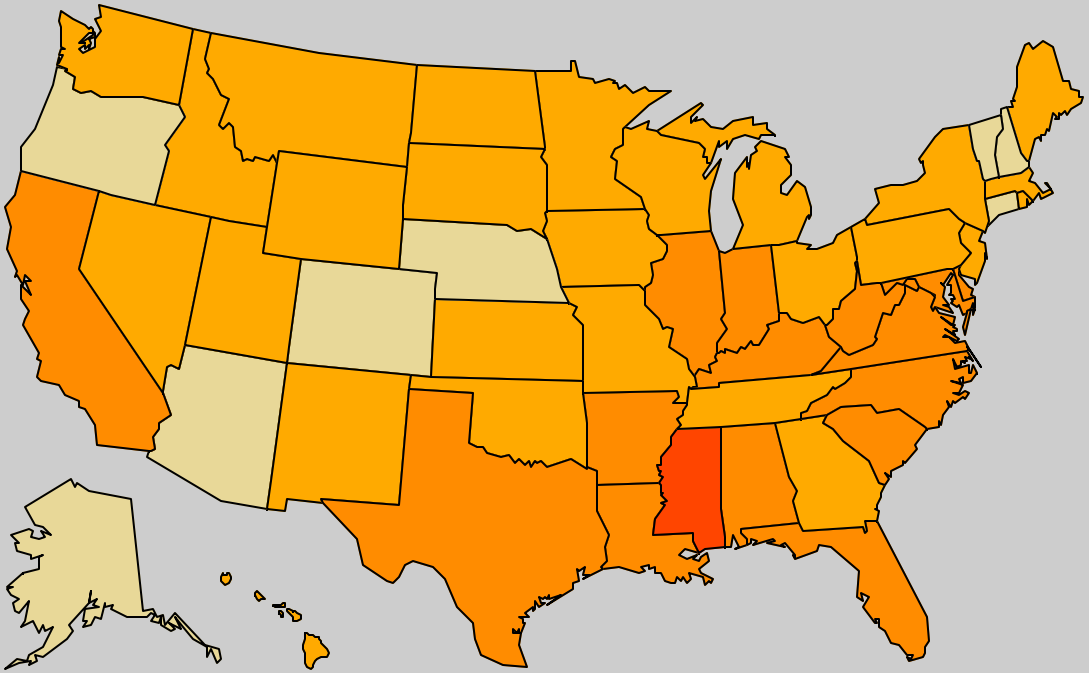

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7.5%–8.9%
≥9.0%

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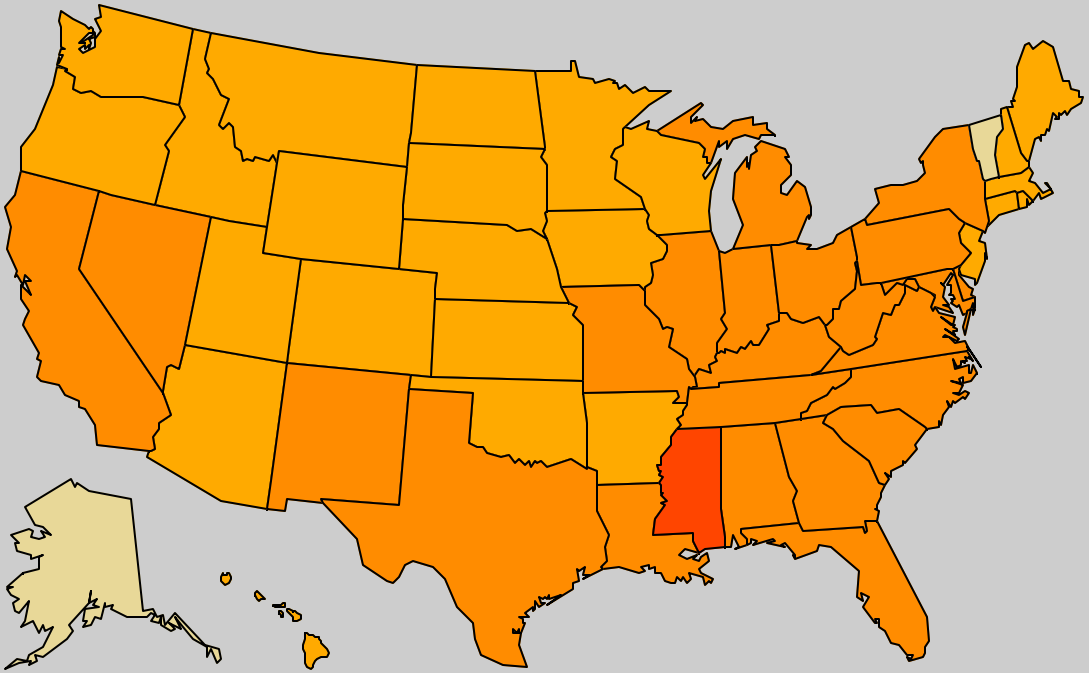

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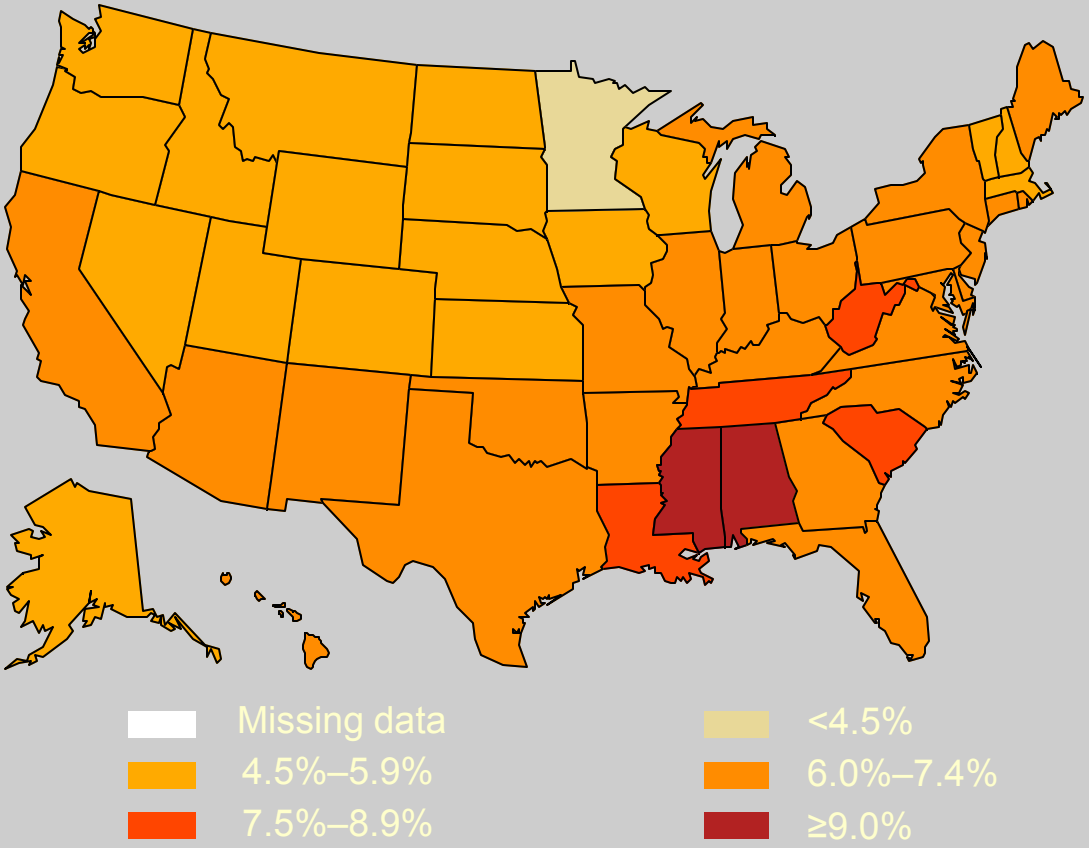

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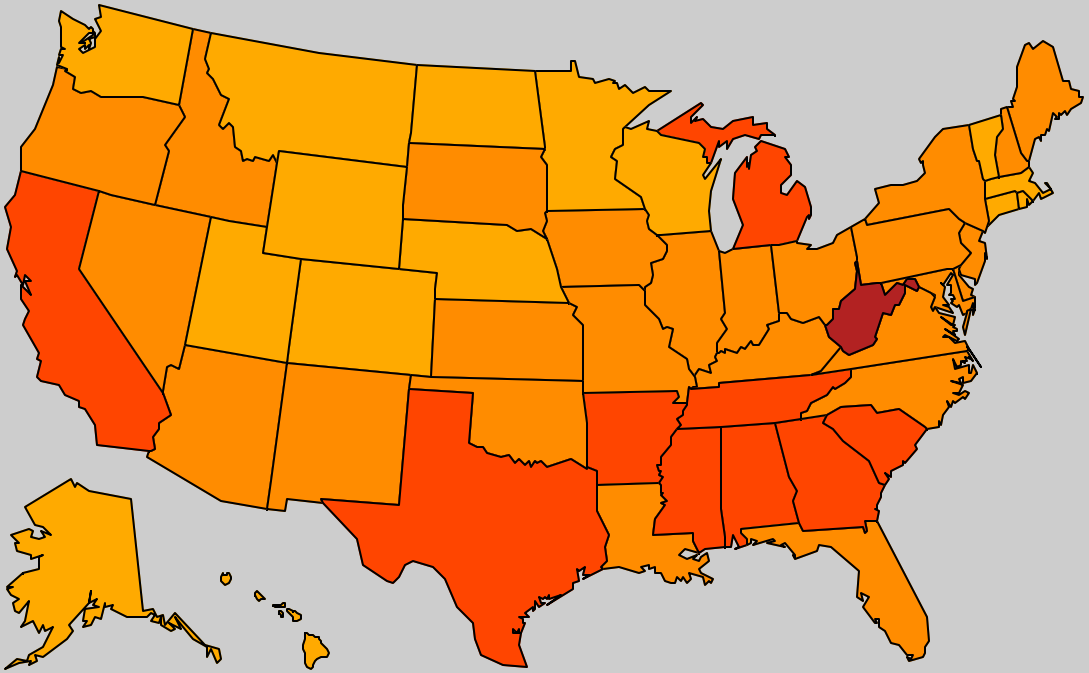

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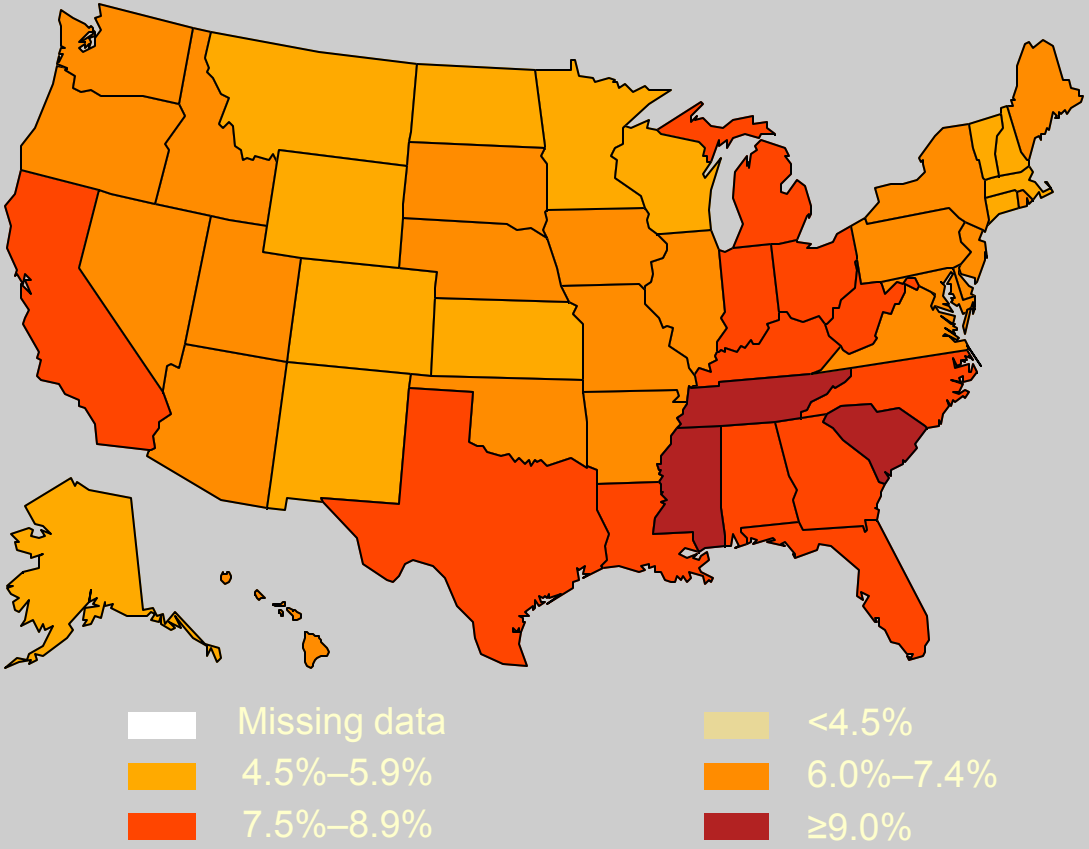

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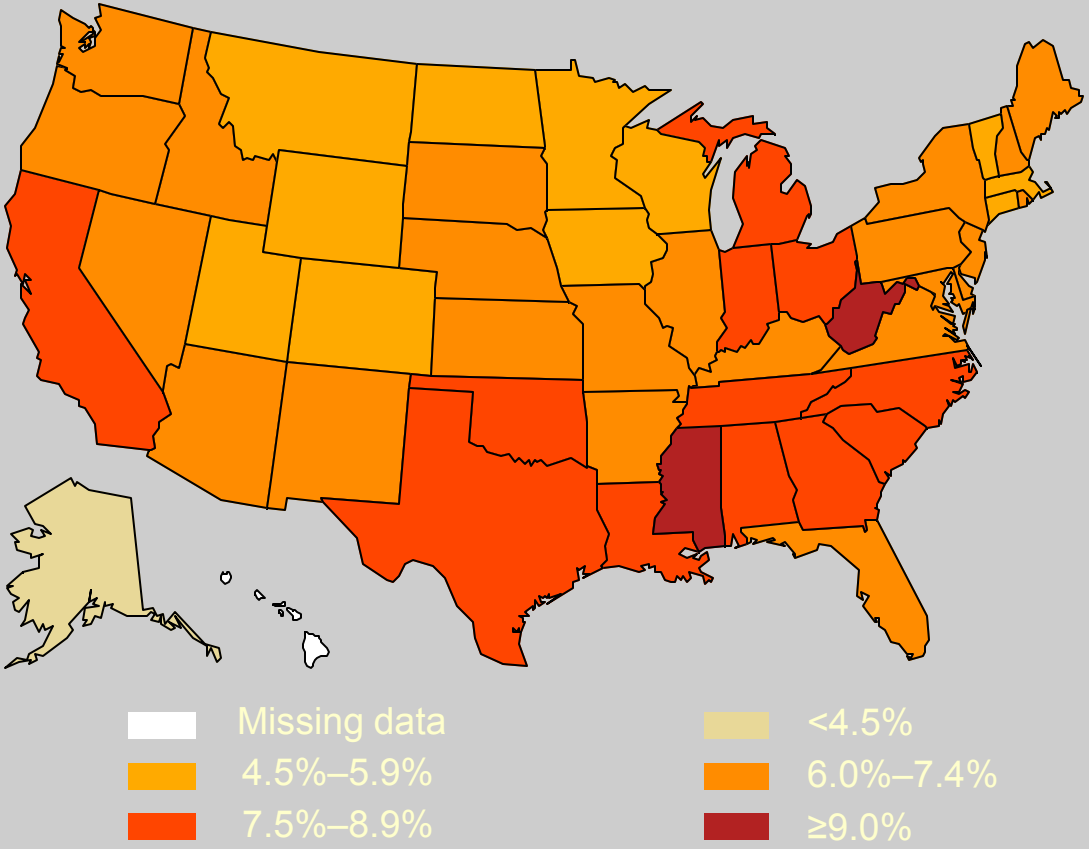

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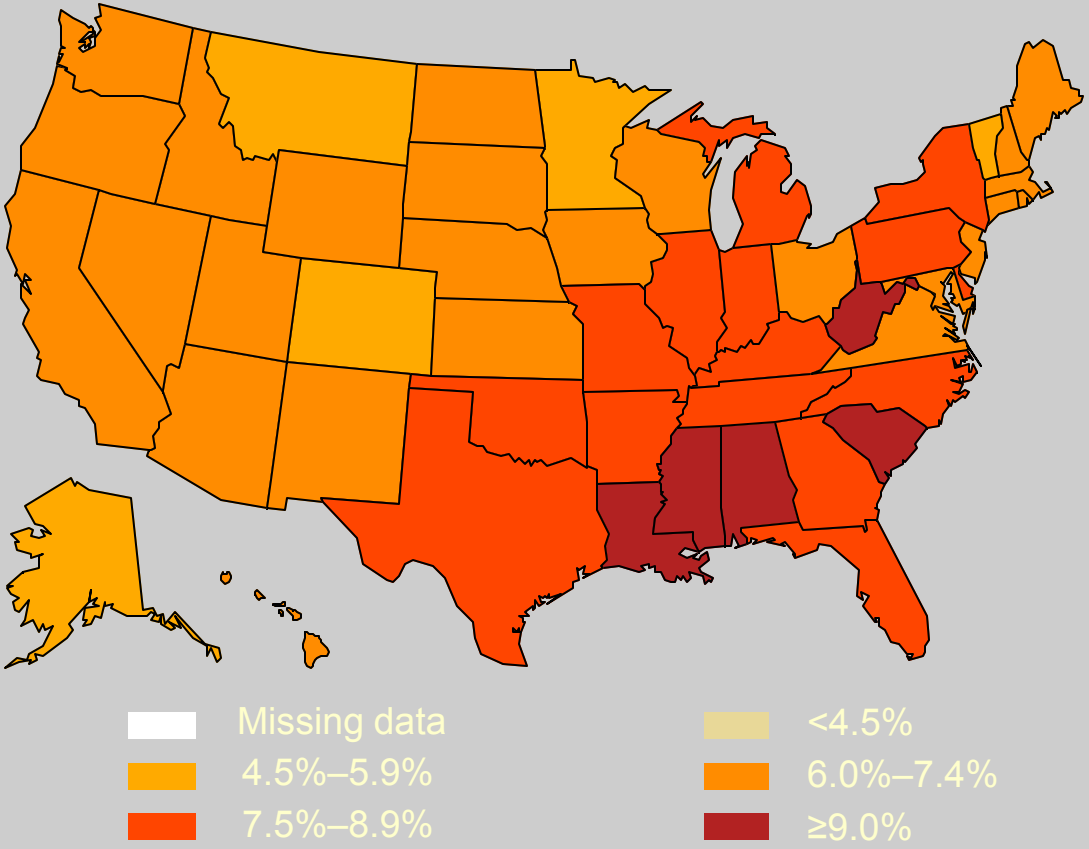

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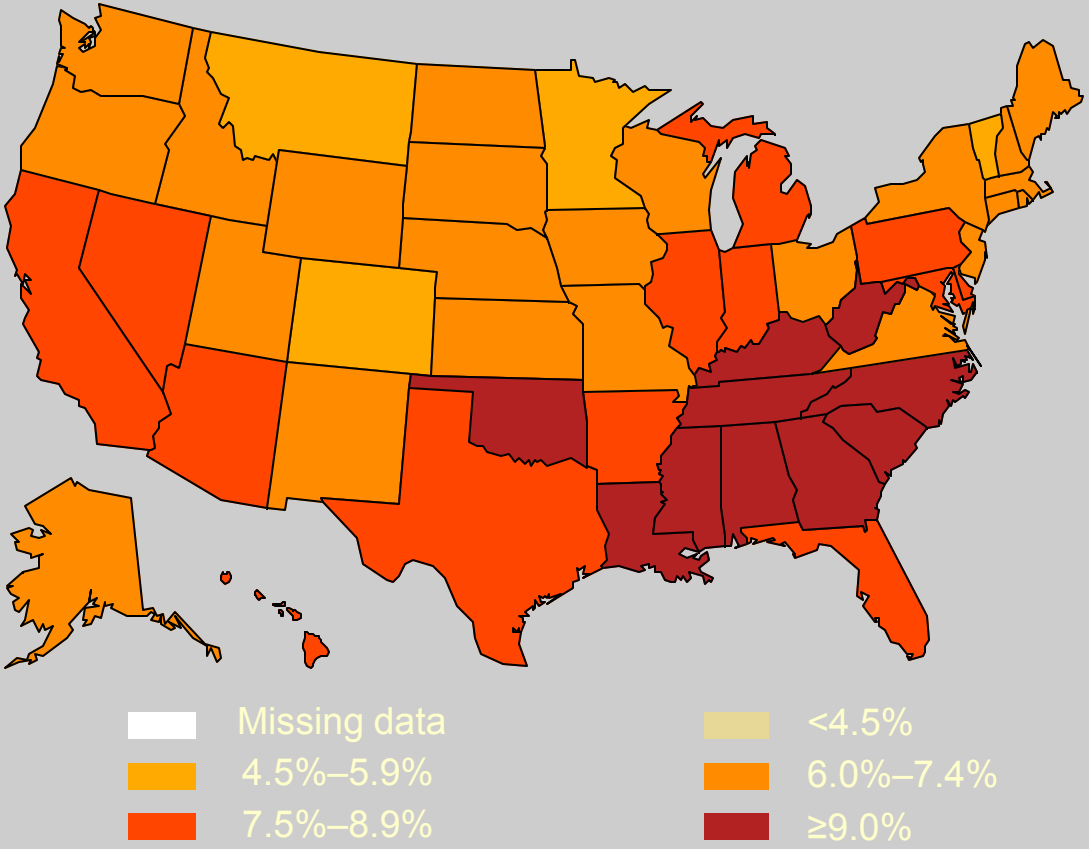

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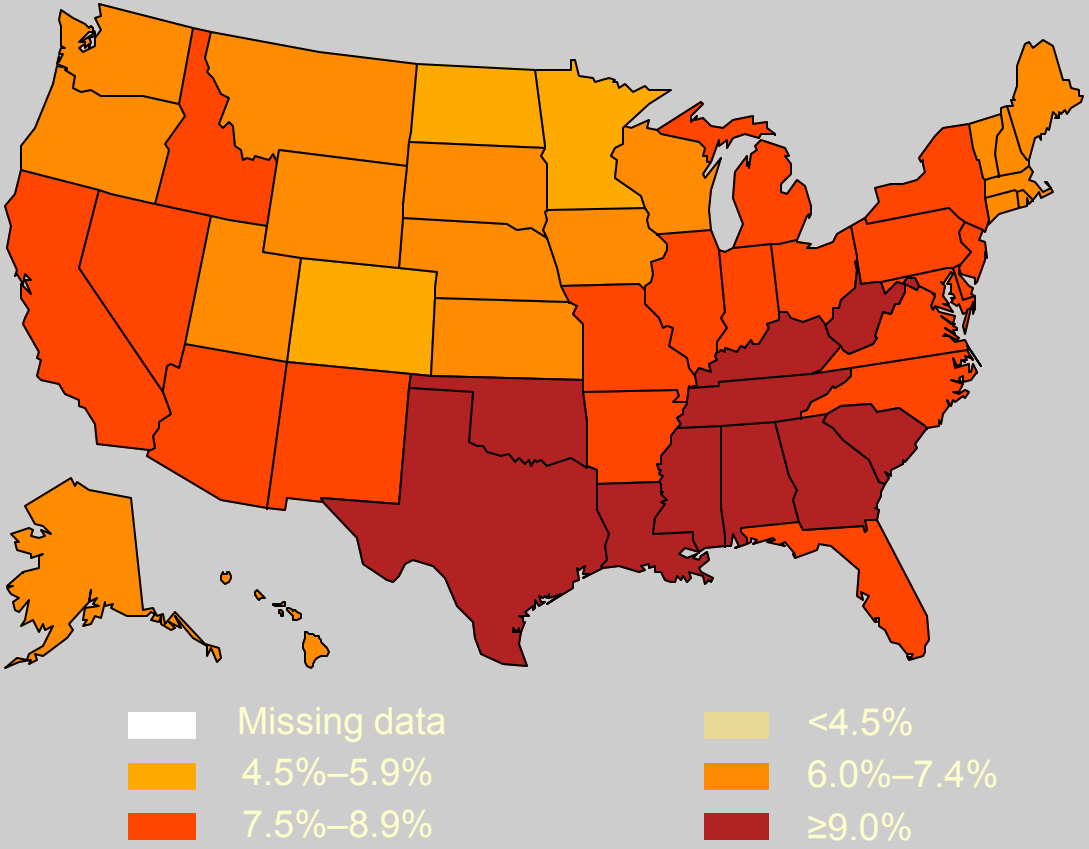
2007



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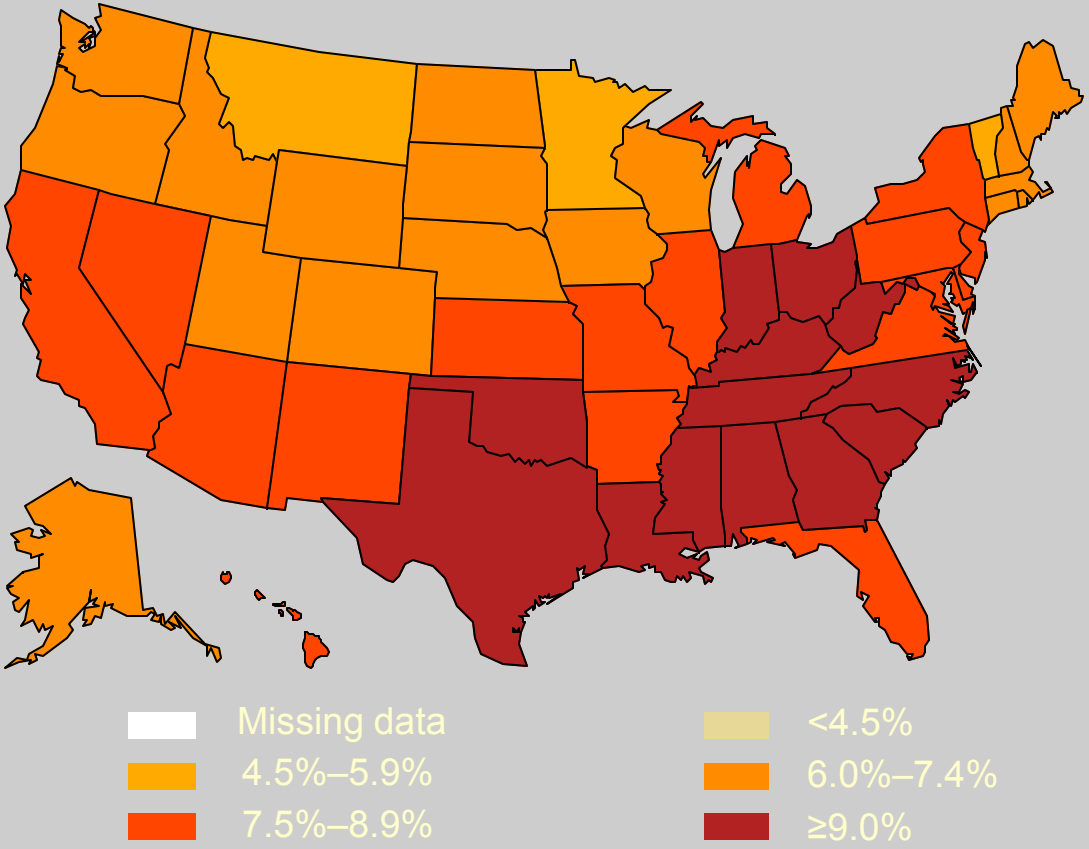
2008



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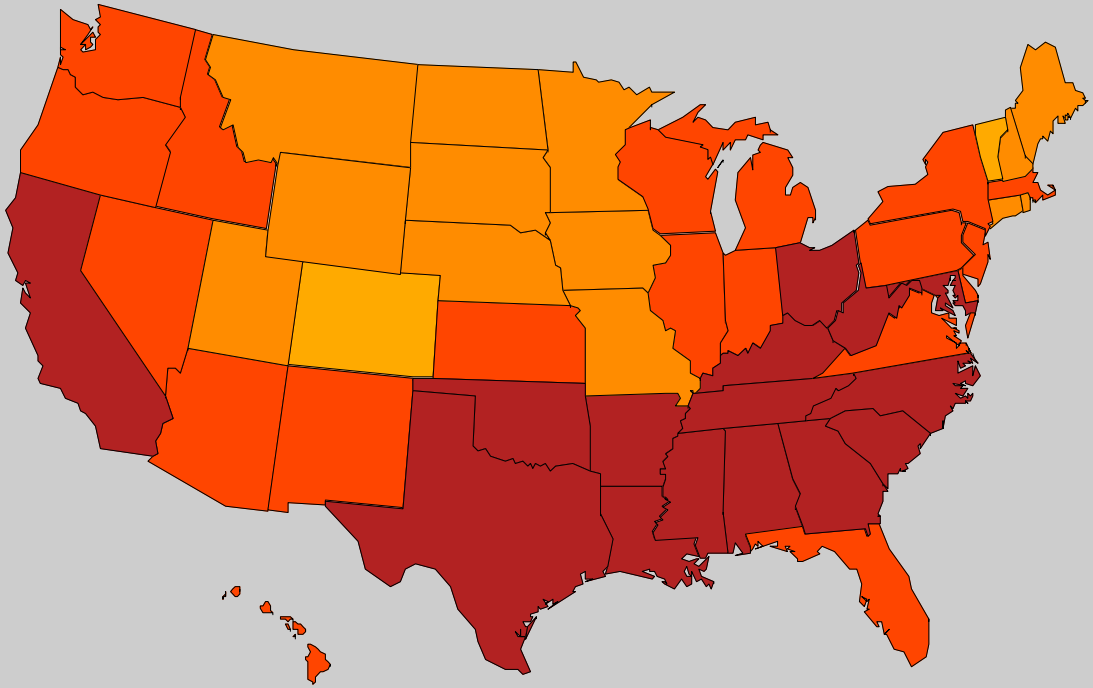
2009



CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at http://www.cdc.gov/diabetes/statistics

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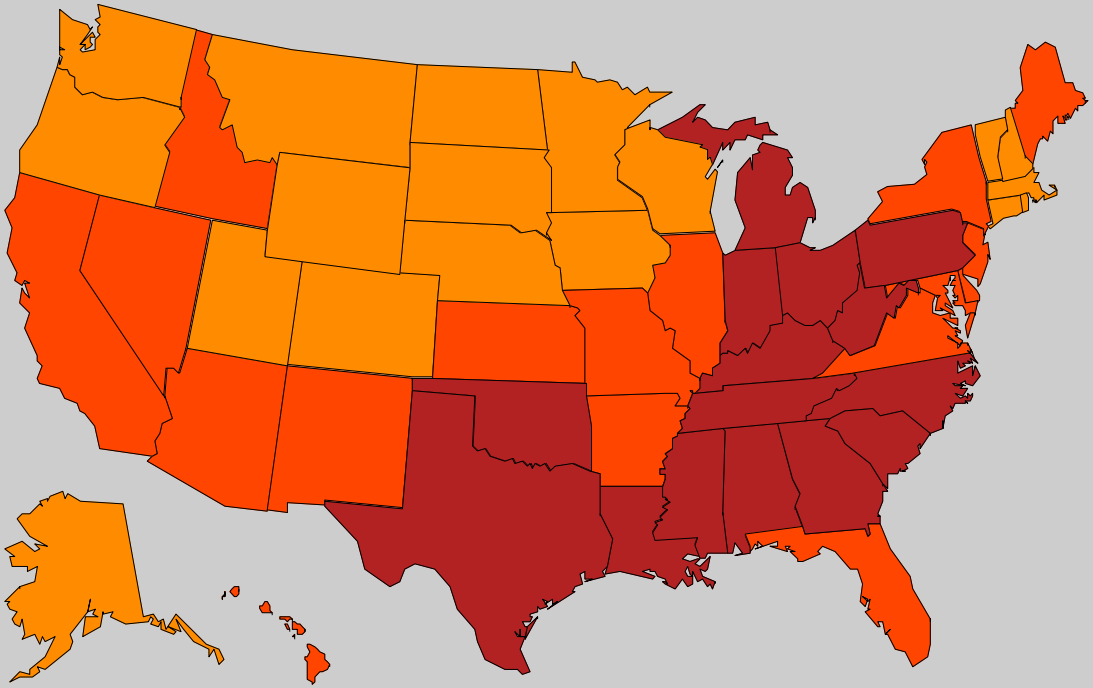
2010



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WHO DOES DIABETES AFFECT?

Together, all the way.

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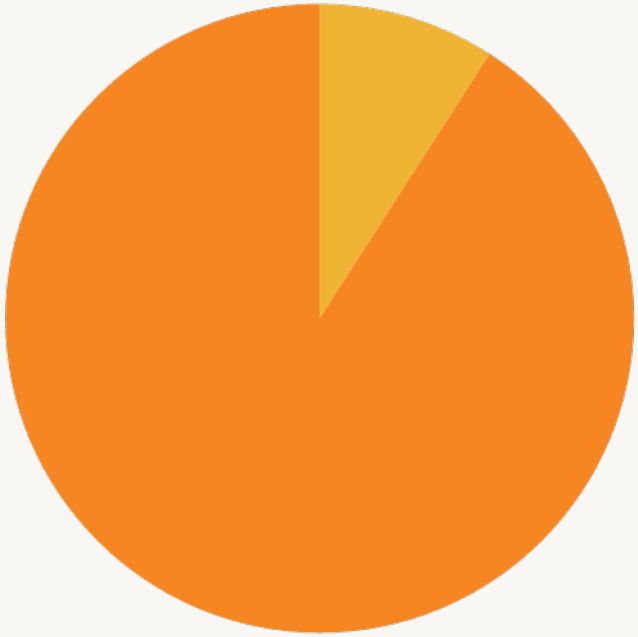
WHO DOES DIABETES AFFECT?

1 in 11 people have diabetes

1 in 4 do not know they have diabetes



29 million people with diabetes

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WHAT IS DIABETES?

Why is it important to know about it?

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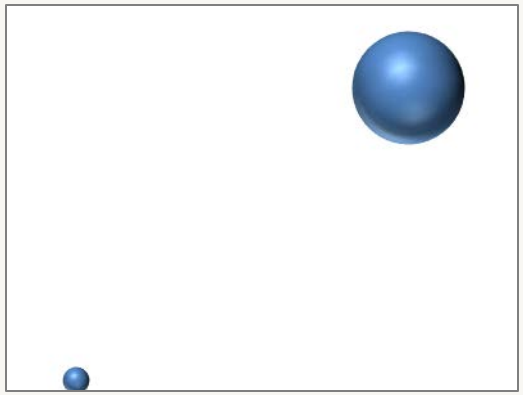
DIFFERENT TYPES OF DIABETES

- **Type I**
  - Your body doesn't make enough insulin
  - Cannot be prevented
  - 5% of diabetes

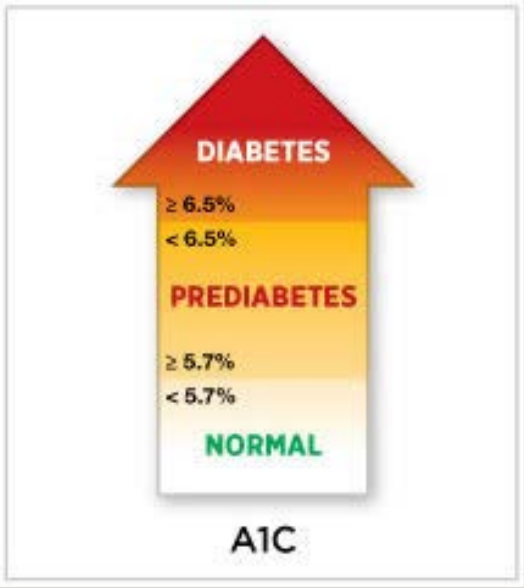


- **Type II**
  - Body needs more insulin than it can supply
  - Preventable
  - 95% of diabetes

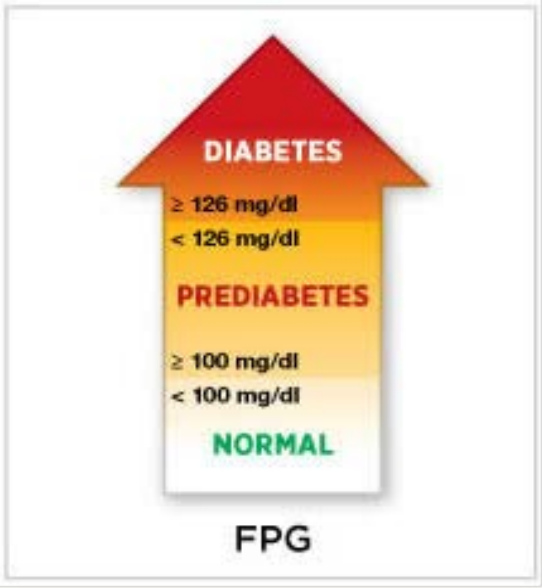
WHAT IS DIABETES?

Know About It – How is diabetes diagnosed?

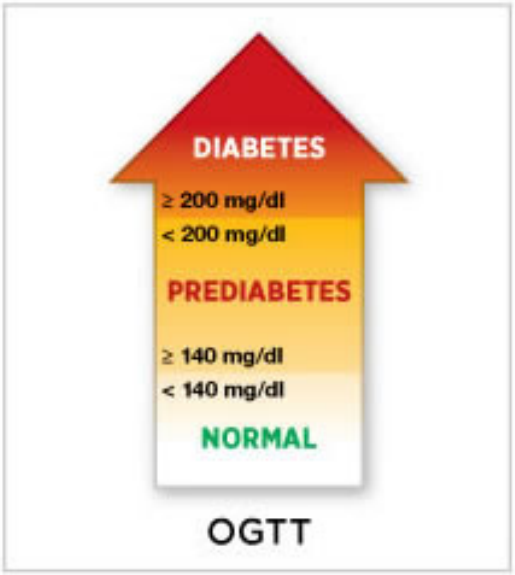
A1C



Fasting Blood Sugar

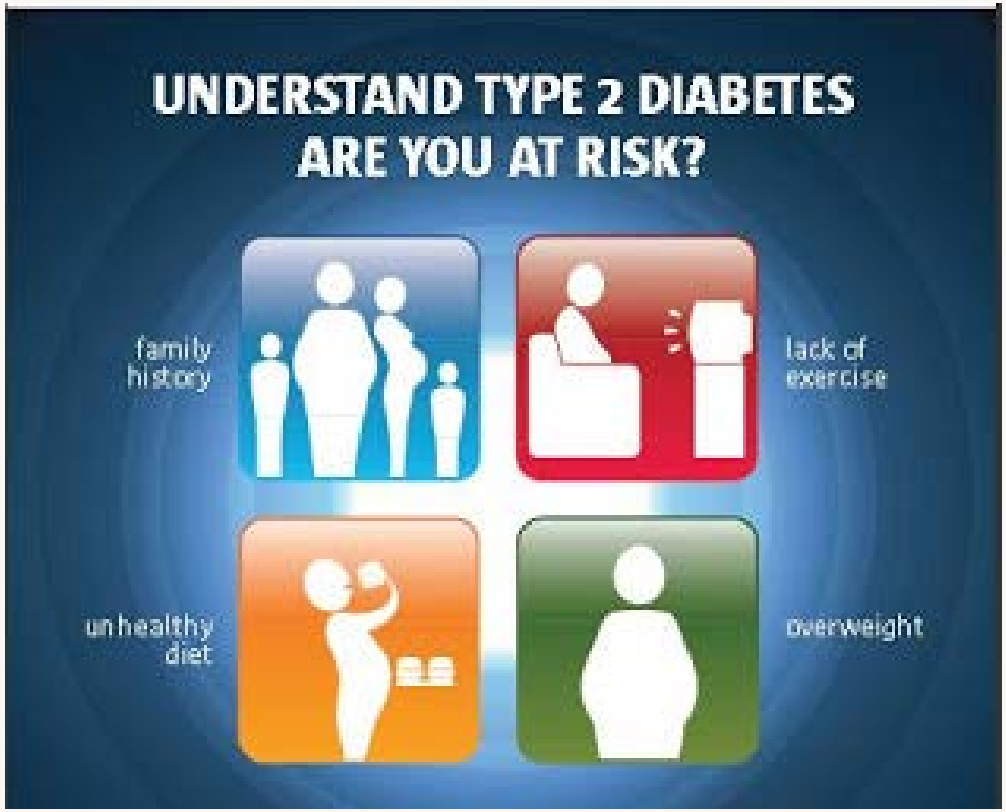


Glucose Tolerance Test



BEING SUPPORTIVE

Know About It – Risk factors for diabetes



- Diabetes during pregnancy
- Living with someone who has diabetes

Together, all the way.

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http://imameiresc.blogspot.com/2010/11/world-diabetes-day-wdd-14-november.html

WHY IS THIS IMPORTANT?

>Expensive & causes suffering

$245 billion – medical costs and lost work and wages

50% higher risk of death

>Risks

Blindness, kidney failure, heart attack, stroke, amputation

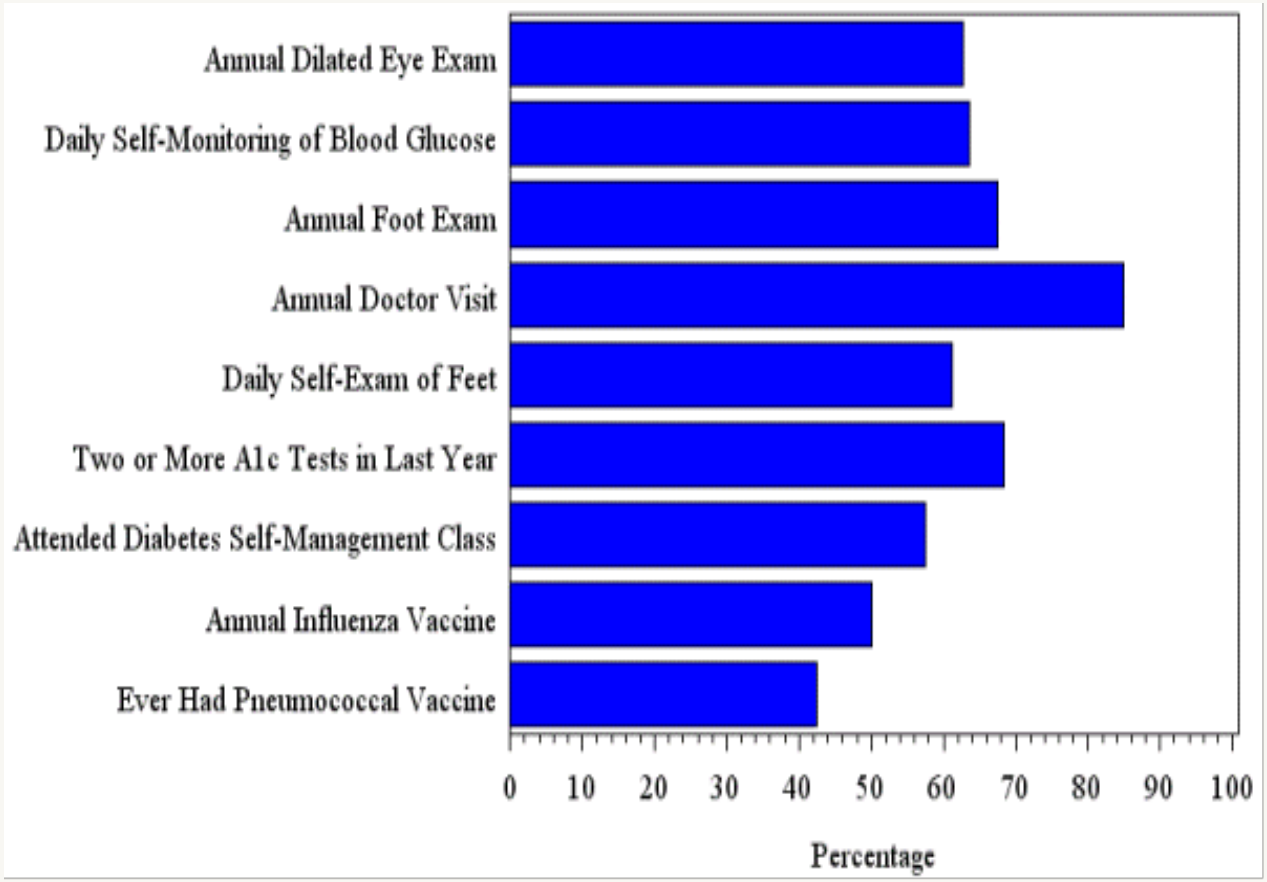
>Painful

A diabetic can need to take up to 1,500 injections in a year



WHY IS THIS IMPORTANT?

- It is complicated
- It never goes away



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LIFE WITH DIABETES

- Permeates daily life
- Overwhelming
- Happens to the whole family

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BEING SUPPORTIVE

1. Know about it
2. Talk about it
3. Work together
4. Advocate



BEING SUPPORTIVE

Know About It

- Daily routine
- Low blood sugar
- High blood sugar
- Diabetes classes



Who Do I Listen To?...

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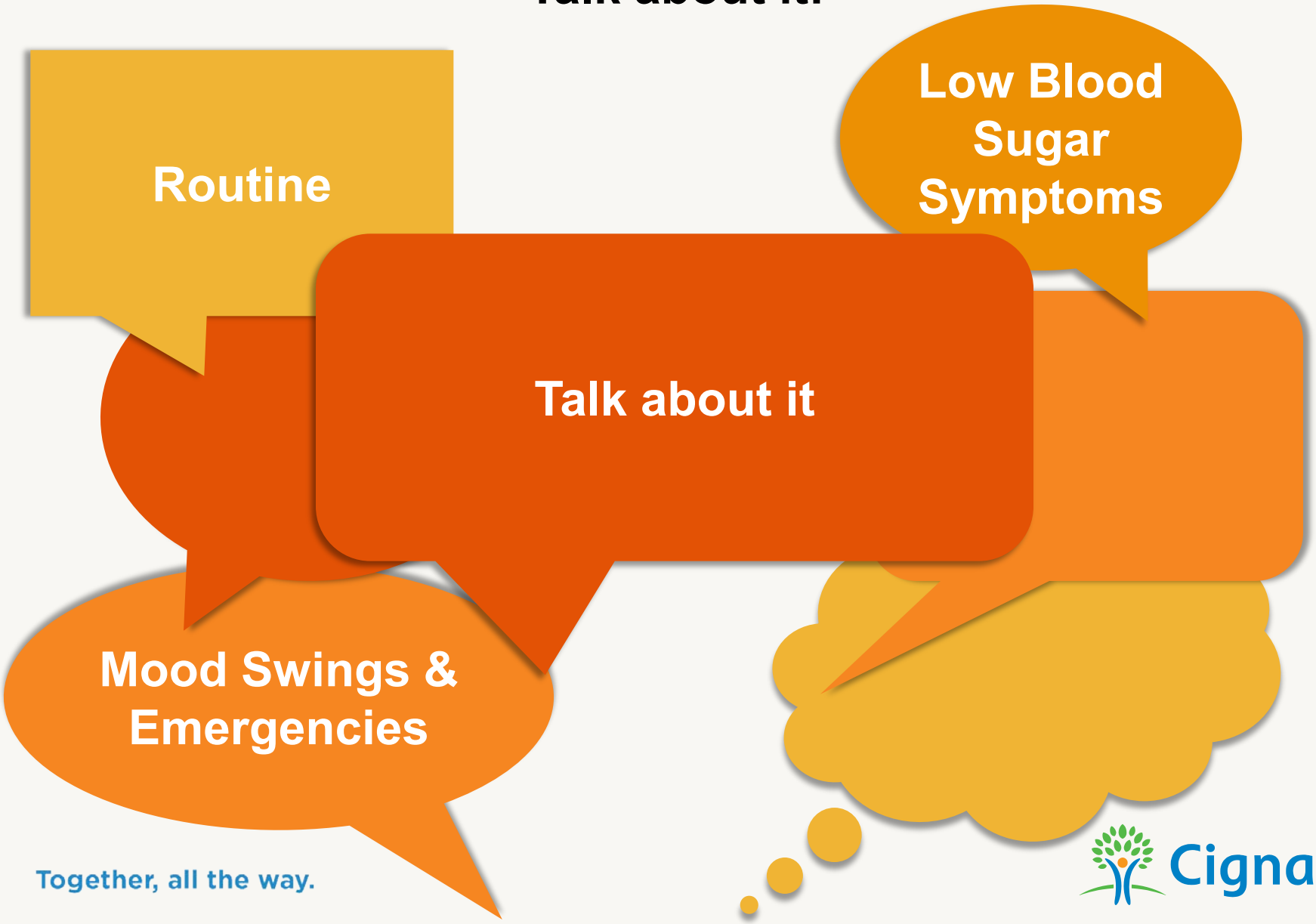
BEING SUPPORTIVE

Talk about it!



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BEING SUPPORTIVE

Work together and advocate



- **Work together**
  - Plan lunch / dinner together
  - Portion control
  - Physical activity – do it together!
- **Advocate**
  - Encourage routine doctor visits
  - Access APWU's programs
  - Medic alert bracelet

I AM A *PERSON* WITH DIABETES

I AM NOT JUST A DIABETIC



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APWU HEALTH PLAN DIABETES MANAGEMENT PROGRAM BENEFITS

- Office visits
- Lab tests
- Generic drugs
- Insulin
- Blood glucose test strips
- Lancets, syringes, pen needles and insulin pump
- Pre-certified Insulin pump and supplies



Out of pocket costs
In-network
Diabetes related
High Option & CDHP

Together, all the way.

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ENROLL

- **Prompt 5**
- Speak to a Health Advocate
- Get your Management Program ID card
- You are now entitled to the $0.00 incentives
- Show this card to your in-network physician





SUCCESS STORY

APWU Health Plan Success Story

Together, all the way.

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"I RESPECT MY DIABETES, BUT I'M NOT GOING TO SURRENDER TO IT. RESPECTING IT MEANS THAT I AM NOT GOING TO TRY FORGET IT OR JUST DENY IT."

-Jay Hewitt
Triathlete with Type I diabetes

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AN INVITATION TO A PARTY

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Let's Celebrate

Tuesday @ 12 PM

Lunch Room

Bring Healthy Snacks



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MORE INFORMATION

1. http://www.cdc.gov/diabetes/
2. 2010–2012 National Health Interview Survey and 2012 Indian Health Service's National Patient Information Reporting System.
3. http://www.diabetes.org/are-you-at-risk/prediabetes/?loc=superfooter
4. http://www.medicalnewstoday.com/articles/271494.php
5. http://www.webmd.com/diabetes/features/6-ways-support-spouse-with-diabetes
6. http://www.diabetes.co.uk/supporting-a-diabetic-partner.html
7. https://www.facebook.com/TheDiabeticSpouse
8. http://www.wikihow.com/Live-With-a-Diabetic-Spouse
9. http://spectrum.diabetesjournals.org/content/21/1/39.full
10. http://www.diabetes.org/living-with-diabetes/
11. http://www.lifescript.com/health/centers/diabetes/articles/how_to_help_your_spouse_manage_diabetes.aspx
12. APWU Health Plan

Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

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