

Client success story

Mental healthcare amplifies outcomes for people living with diabetes



Study size & scope:

76,000+ members from a large health plan enrolled in Diabetes Management over five years¹

Virtual care offerings:

Mental Health Digital and Diabetes Management



The positive clinical outcomes we've seen with members engaged in both Diabetes Management and Mental Health Care clearly demonstrates the power of whole-person care.

-Vidya Raman-Tangella
Chief Medical Officer
Teladoc Health

Summary

For people managing diabetes, the health challenges of the condition can be compounded by mental health issues like depression and anxiety. But, a recent extensive study of members of a large health plan shows that when mental health programs are offered in conjunction with diabetes management, overall health improves. Our study found that members enrolled in both programs showed:

26% incremental reduction in A1c levels¹

54% improvement in their overall mental well-being¹

Meeting the compounded challenges of diabetes and mental health

The diabetes crisis is growing. It's estimated that 37.3 million American adults are living with diabetes, and 96 million have prediabetes.² **Meanwhile, people living with diabetes are two to three times more likely to suffer from depression, yet only 25–50% of people experiencing depression with diabetes are diagnosed³** which can make it even harder for them to stay on track with their health. They might miss crucial preventive care or find it more difficult to stay on top of blood sugar monitoring and other tasks. This also puts a strain on costs—90% of U.S. healthcare costs are spent on chronic conditions, including diabetes.⁴ Providing people with the tools to manage daily stressors, as well as more serious mental health challenges, may help them better focus on the complexities of managing their diabetes.

Study approach

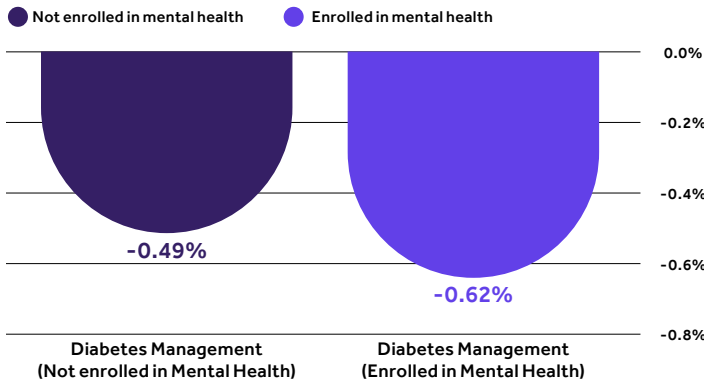
To understand the impact of multi-program participation on diabetes and mental health clinical outcomes, our internal team of clinical data analysts studied the reduction in HbA1c and improvement in well-being for 76,252 members from a large health plan over five years.¹ The study compared those who were also enrolled in the Teladoc Health Mental Health Digital program to those who were enrolled only in our Diabetes Management program.



Results

Enrolling in a mental health program in addition to a diabetes management program significantly amplifies outcomes:

Additional A1c reductions at 6+ months¹



26%

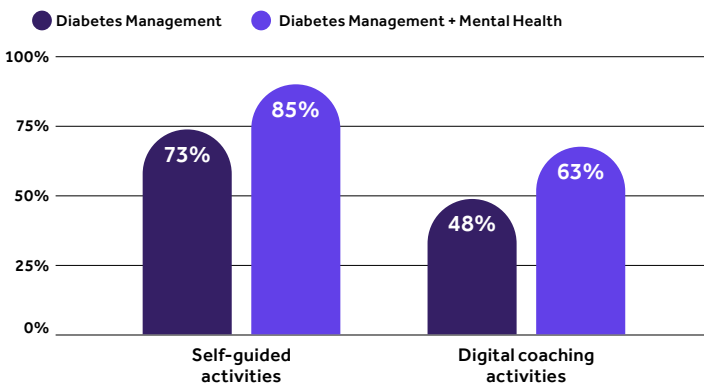
INCREMENTAL REDUCTION IN A1C FOR THE TOTAL MEMBER POPULATION¹

54%

IMPROVEMENT IN THEIR OVERALL WELL-BEING^{*1}

*as measured by the WHO-5 assessment

Additional impact on engagement¹



16%

MORE LIKELY TO ENGAGE IN SELF-GUIDED ACTIVITIES⁵

31%

MORE LIKELY TO ENGAGE IN DIGITAL COACHING ACTIVITIES⁶

This chart shows the starting A1c value and its reduction of members who were enrolled in both Diabetes Management and Mental Health Digital programs compared to that of members who were enrolled in the Diabetes Management program only.

Active engagement with self-guided activities like food logs and health summary reports and taking advantage of digital coaching, action plans and nudges, can have a significant impact on an individual's health outcomes. By participating in these activities, and by keeping track of their food intake, exercise routines and other important health indicators, members can develop good habits that lead to healthier outcomes. Digital coaching activities can provide additional support and motivation to help individuals stay on track with their health goals. Members enrolled in both the Diabetes Management and Mental Health programs are:

By becoming more engaged, members have a greater likelihood of taking control of their health and achieving better outcomes.

Offering a comprehensive whole-person approach that includes targeted diabetes management and mental healthcare can help people achieve better health outcomes and reduce the costs of managing these conditions over the long term.

¹Data on file (CRUS-1204)

²<https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html>

³<https://www.cdc.gov/diabetes/managing/mental-health.html>

⁴Centers for Disease Control and Prevention, Health and Economic Costs of Chronic Diseases

⁵Self Guided activities include email opens, logins, food logs, health summary reports

⁶Digital Coaching activities include action plans, and nudge responses Data source: CRUS-1204; Data thru 2022-03-31. Large Health Plan currently enrolled members

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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.

