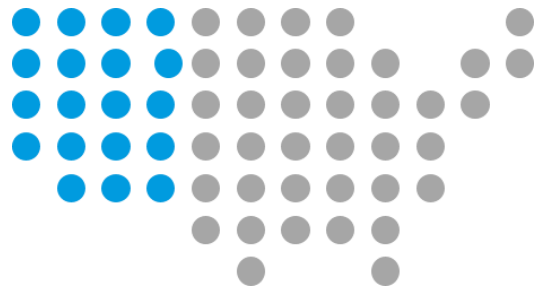


The nation's diabetes dilemma

Diabetes likely affects us all in one way or another. Perhaps a relative or friend struggles to manage the disease. Maybe you have even been diagnosed. **After all, more than 30 million people in the U.S. have diabetes, and another 84 million adults — or 1 in 3 — are considered prediabetic.**¹



On its own, diabetes is an epidemic in the U.S. as patients have higher overall healthcare costs, a greater likelihood of hospitalizations and ER visits, and more missed work days.² On top of that, there is a strong link between diabetes and other costly, chronic conditions, like cardiovascular disease and obesity.

All of these factors lead to increased plan costs. In fact, across Express Scripts' entire book of business, **diabetes is the most expensive traditional therapy class:**



\$114.85

diabetes PMPY spend in 2018³



3X

higher plan costs for members with diabetes vs those without²



\$176B

in diabetes-related medical costs in the U.S.⁴

The cost of nonadherence

Patients with diabetes struggle to take their medications as prescribed with **36.6% of patients on a diabetes medication nonadherent to their medication**²—leading to higher medical, emergency room visit and inpatient costs. When compared to adherent patients, nonadherent diabetes patients incur:



1.3X

higher total medical costs²



1.5X

higher emergency room visit costs²



1.6X

higher inpatient hospitalization costs²

Lack of adherence adds up to more than \$210 million in annual plan sponsor healthcare costs,² — costs that are potentially avoidable with specialized, proven patient engagement and care tools.

¹Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2017 ²Diabetes dilemma: U.S. trends in diabetes medication use. An Express Scripts report. ³2018 Express Scripts Drug Trend Report ⁴American Diabetes Association

Diabetes Care ValueSM program

The Diabetes Care Value program (DCV), part of the SafeGuardRxSM platform, was designed to take on this diabetes dilemma.

Members receive one-on-one support from specialist pharmacists and engagement tools to drive better health. This support helped an additional 19% of enrolled patients at risk for heart attack or stroke start statin therapy.³ If all Express Scripts plans were to similarly increase statin use among their diabetes members for better cholesterol control, we estimate that **nearly 20,000 heart attacks would be prevented** over the next 10 years.³

Diabetes Care Value program key components

Through holistic management, we've changed the trajectory of the current diabetes dilemma, driving better health outcomes and lower costs.

StepIn to Predict, Prepare and PreventSM

to provide members with tools that encourage healthy lifestyles and avoid diagnoses.

Diabetes remote patient monitoring & connected glucose meters

securely sends results to clinicians who analyze the data and provide meaningful coaching interventions to guide patients toward a healthier lifestyle with better control of glucose levels.

The Mango Health patient engagement platform

gamifies health and rewards patients for making healthy decisions, improving health literacy and medication adherence and adding direct value to plan sponsors.

Preferred quality pharmacy network options*

through the Express Scripts Pharmacy or a select retail network pharmacy, including either Walgreens or CVS.

Use of our National Preferred Formulary or Utilization Management tools

to drive use to the lowest net-cost diabetes medications.

Specialized support from the Express Scripts Diabetes Therapeutic Resource CenterSM

including medication education and counseling for all DCV patients — those already diagnosed with diabetes and those we are helping to avoid a diagnosis.

Program components may vary based on your plan's setup.



A PERSON'S RISK OF DEVELOPING TYPE 2 DIABETES CAN BE LOWERED BY AS MUCH AS 58% WITH HEALTHY LIFESTYLE CHANGES THROUGH A SPECIALIZED PROGRAM¹

¹Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2017 ³2018 Express Scripts Drug Trend Report

*Patients enrolled in the preferred quality pharmacy network can fill two 30-day courtesy fills at any network pharmacy, then must move to 90-day supply AND use the Express Scripts pharmacy, Walgreens, CVS or other participating retail pharmacy.