



Change the course of a national epidemic – obesity.

Obesity is a national epidemic. While weight loss goals may feel commonplace and viewed as a casual New Year’s resolution, the health impact of obesity to our nation is devastating.

Not only does obesity impact **direct medical spend – estimated to be \$147 billion¹** – but it also impacts productivity costs. Each year, obesity-related absenteeism is estimated to cost our nation between \$3 - \$6 billion, or \$79 - \$132 per person living with obesity.¹ Prevalence is even higher among the core workforce age, with greater than 1 in 3 adults (35.8%) aged 45 – 55 currently struggling with obesity.¹



Obesity substantially raises an individual’s risk of developing type 2 diabetes, coronary heart disease and hypertension, among other serious conditions.²

With widespread prevalence, high costs and increased likelihood of developing comorbid conditions, this national epidemic demands our attention and action.

97M

adults in the United States are overweight or obese²

WHAT IF WE COULD STOP CHRONIC CONDITIONS – *BEFORE* ADDITIONAL DIAGNOSES ARE REACHED?



Downstream impacts of obesity, such as developing type 2 diabetes can be reduced by as much as

58%

with the adoption of healthy lifestyle changes through a program like StepIn.²

¹Centers for Disease Control and Prevention, ²National Institutes of Health

StepIn to Predict, Prepare and PreventSM

We must go beyond traditional wellness programs. With advanced data analytics, we can trigger the right clinical care support and help the people that need it most, **preventing the diagnosis of new chronic diseases before they develop.**



The challenge:

Weight loss programs are offered to everyone instead of using insights and clinical targeting to identify members that need the most help.



The reality:

How do plans identify at-risk members and provide them with tools and resources that can prevent them from developing chronic conditions like diabetes and cardiovascular disease?



The opportunity:

Through StepIn with Livongo and Express Scripts, we have the insights, scale and tenacity to help at-risk people get on a path toward better health — before additional diagnoses are reached.

We'll step in to help members get healthier and stay healthier — that means lower medical costs for chronic diseases.

Members who choose to join will be enrolled in StepIn with Livongo and Express Scripts, a virtual program that encourages a healthier lifestyle. Once the patient is enrolled, the program will run at least 12 months.

Resources will include:

- Dedicated, **personalized coaching** from registered dietitians, nutritionists and exercise physiologists.
- Access to a comprehensive, **evidence-based** lifestyle change curriculum.
- A **cellular-connected scale** that automatically transfers weigh-ins to a coach for review.
- **Peer support** through a virtual community of 15 – 20 individuals on their own journeys to better health: members can challenge and encourage each other through in-app messaging.

StepIn is part of the Express Scripts Digital Health Formulary

With more than 200 digital health solutions introduced every day³ — payers need help to carefully manage these emerging technologies, which often lack adequate oversight to ensure privacy and safety, clinical effectiveness, and a user-friendly experience.



PREFERRED

Through the Digital Health Formulary's streamlined, rigorous review process, we are able to bring digital innovation to our clients faster than ever to meet their members' ever-evolving needs. We constantly evaluate the digital health landscape so that we can expand into new clinical areas as solutions come to market to help address urgent chronic conditions.

StepIn is approved by the Express Scripts Digital Health Formulary. Clinically reviewed and evaluated by a panel of pharmacists, physicians, user experience experts and health research PhDs, this product demonstrates safety, security and value for clients and members.

Contact your Express Scripts representative to learn more about StepIn to Predict, Prepare and Prevent.