



twinehealth

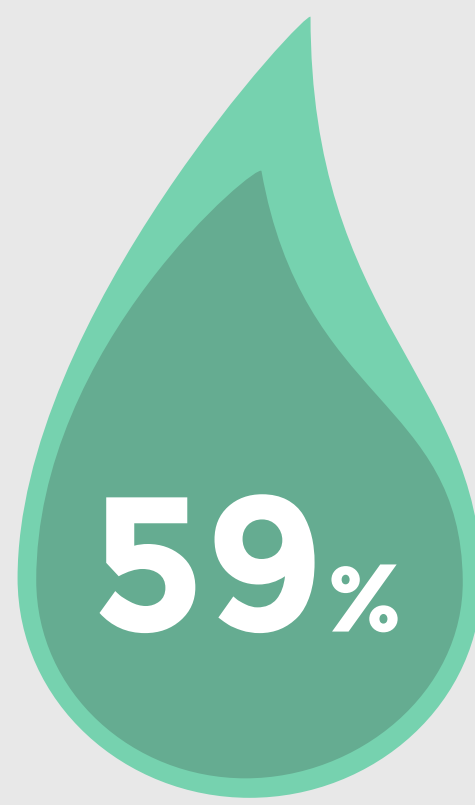
# THE MOST EFFECTIVE DIABETES TREATMENT

## WHAT THE U.S. LOOKS LIKE NOW:

**29.1**  
MILLION



LIVE WITH  
DIABETES



UNCONTROLLED  
HBA1C

**245**  
BILLION



TOTAL COST OF  
CARE

Sources: CDC, 2014; ADA, 2015

## WHAT WE LEARNED:

### STANDARD CARE

- Doctor's office visits
- Medications & supplies
- Hospitalizations & complications

REDUCTION IN A1C  
INITIATING & TITRATING INSULIN

**1.0%**

TOTAL COST OF CARE  
PER PATIENT PER YEAR

**\$9,975**

### STANDARD CARE + HEALTH COACH

- Doctor's office visits
- Medications & supplies
- Hospitalizations & complications
- PLUS:**
- Face-to-face coaching
- Phone calls and e-mails

**2.0%**

**\$9,429**

### STANDARD CARE + HEALTH COACH + TWINE

- Doctor's office visits
- Medications & supplies
- Hospitalizations & complications
- Face-to-face coaching
- Phone calls and e-mails
- PLUS:**
- Self-management tools
- Secure text messages
- Virtual visits

**3.2%**

**\$6,017**

Sources: ADA, 2015; Am J Manag Care, 2013; BMJ, 2000; Twine client data



**Total cost of care includes:** primary, secondary, and tertiary care along with medications and supplies, coaching labor, and the cost of a Twine contract. The cost of coaching negates the savings from improved outcomes without Twine to maximize coach efficiency and further improve outcomes.

