



## CONTROLLING YOUR HEALTH FOR LIFE

The Tri-State Health Care Coalition (TSHCC), in cooperation with the American Pharmacists Association (APhA) Foundation invite TSHCC members to participate in the Quincy/Hannibal area *Controlling Your Health For Life: Patient Self-Management Program For Diabetes*. This value-based benefit design program has proven to improve health and reduce long-term health care costs. Controlling Your Health for Life: Patient Self-Management Program For Diabetes is supported by Pfizer, Inc.

### Overview of the “Controlling Your Health For Life” program

A diabetes management program that utilizes specially trained pharmacists to conduct face-to-face meetings with the covered employee or their dependent to help educate, motivate and empower the participant to better manage their condition.

- Replication of a highly successful diabetes project
- Employers waive or reduce co-pays for diabetic medications and supplies
- Participants voluntarily participate in regular visits with specially trained pharmacists
- Pharmacist coaches are paid to conduct regular face-to-face meetings

### Benefits of Participation

- Results indicate decreased diabetes health care costs and improved productivity of diabetic employees
- A tested, innovative health benefits solution, in line with value-based benefits
- Improved delivery of care through an integrated care model that encourages collaboration among all health care stakeholders and empowers participants to better self-manage their diabetes and improve their overall health
- Support from TSHCC, the American Pharmacists Association (APhA) Foundation and the Illinois Pharmacists Association (IPhA) to link participants with community pharmacist coaches
- Ability to work with an employer to evaluate the possibility of replicating the model for its entire US population
- Employers receive clinical, economic and patient satisfaction reports throughout the program

### Baseline Criteria for Participation:

To be accepted into the Controlling Your Health For Life program, an employer needs to:

- Have senior management agreement to be a participant in the program;
- Agree to modify benefit design as needed for the participants;
- Instruct contracted vendors to cooperate fully with TSHCC, APhA and IPhA;
- Assign a staff person to serve as liaison to the program;

To learn more about *Controlling Your Health For Life: Patient Self-Management Program for Diabetes*, contact Bev Rossmiller @ [bev.rossmiller@tshcc.com](mailto:bev.rossmiller@tshcc.com) or Linda Chezem @ [info@tshcc.com](mailto:info@tshcc.com) or call (217) 221-3460.