

Livongo Impact on Utilization and Costs

Comparison of 2014-2015 claims data from 426 active members of the Livongo for Diabetes Program employed at 5 Mercer clients compared to 1,341 people with diabetes who did not participate in the Livongo for Diabetes Program (non-Livongo members) during the same timeframe.

The study showed early indications that participation in the Livongo for Diabetes Program can positively impact select areas of utilization and cost. These are initial results which may evolve as the Livongo for Diabetes Program matures. In addition, the study showed a higher prevalence of people with other chronic conditions were attracted to Livongo compared to non-Livongo members.



Reduced Doctor Visits

DECREASED DIABETES-RELATED OFFICE VISITS

▼ 20%

39% decrease for Livongo members compared to 19% decrease for non-Livongo members.

REDUCED RATE OF NON-EMERGENT ER VISITS

▼ 21%

9% Increase for Livongo members compared to 30% increase for non-Livongo members.

DECREASED TOTAL OFFICE VISITS

▼ 9%

15% decrease for Livongo members compared to 6% decrease for non-Livongo members.

WHY THIS IS IMPORTANT

People do not need to visit the doctor or the ER as much when they have the right tools, education, and support to better manage their diabetes.



Improved Medication Adherence

INCREASED DIABETES-RELATED PRESCRIPTION UTILIZATION

▲ 3%

10% increase for Livongo members compared to 7% increase for non-Livongo members.

WHY THIS IS IMPORTANT

Medication adherence increases short term utilization and costs, and supports better long term diabetes management.



Decreased Diabetes-Related Medical Costs

DIABETES-RELATED MEDICAL COSTS

▼ 4%

6% decrease for Livongo members compared to 2% decrease for non-Livongo members. These costs include diabetes-related physician office visits, ER visits, and inpatient admissions.



Livongo Clinical Impact

Program impact reported is based on Livongo book of business.

BLOOD GLUCOSE ABOVE 180 MG/DL

▼ 26%

Livongo users are 22 - 31% less likely to have a day with a blood glucose above 180 mg/dL.

BLOOD GLUCOSE BELOW 80 MG/DL

▼ 12%

Livongo users are 7 - 17% less likely to have a day with a blood glucose below 80 mg/dL.

STABILIZING HBA1C AT

7.0%

Livongo decreases mean eHbA1c to 7.0% in the first 90 days and sustains this overtime.

For more information about the Livongo for Diabetes Program or the full study results, contact your Mercer or Livongo representative.