Livongo Impact on Utilization and Costs

Comparison of 2013-2015 claims data from 526 active members of the Livongo for Diabetes Program enrolled in 46 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 early results which may make the case for the Livongo for Diabetes Program in other locations. Moreover, the study showed a higher prevalence of people with other chronic conditions were attracted to Livongo compared to non-Livongo members.

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

Reduced Doctor Visits

- **REDUCED DIABETES-RELATED OFFICE VISITS**
  - **20%**
  - 20% decrease for Livongo members compared to 19% decrease for non-Livongo members.

- **REDUCED TOTAL OFFICE VISITS**
  - **15%**
  - 15% decrease for Livongo members compared to 10% 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

- **3%**
  - 3% increase for Livongo members compared to 1% decrease 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

- **4%**
  - 4% decrease for Livongo members compared to 1% decrease for non-Livongo members.

**WHY THIS IS IMPORTANT**

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

**Blood Glucose (Above 180 mg/dL)**

- **26%**
  - 26% of claim dates for Livongo members in the first 90 days compared to 50% of claim dates for non-Livongo members.

**Blood Glucose (Below 80 mg/dL)**

- **12%**
  - 12% of claim dates for Livongo members in the first 90 days compared to 24% of claim dates for non-Livongo members.

**Stabilizing HbA1c at 7.0%**

- **7.0%**
  - Livongo decreases mean eHbA1c to 7.0% and maintains this overtime.

**Livongo Clinical Impact**

Program impact reported is based on Livongo book of business.