



Commonwealth of Kentucky Personnel Cabinet

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Innovative Treatment Program Reveals Savings for Members

Diabetes Value Program provides maintenance prescriptions and supplies for free or at reduced costs

FRANKFORT, Ky. (June 26, 2020) – Lowering the price of diabetes treatment is helping control overall medical costs, according to a four-year review of Kentucky Employees' Health Plan (KEHP) data.

The latest data reveals that as members continue adherence to their diabetes treatment, the average medical trend for members with diabetes and members without diabetes are the same. In addition, ER visits and inpatient admissions were lower for diabetes patients than patients without diabetes during this same four-year period.

KEHP provides health insurance to almost 300,000 public employees, retirees and their families – roughly 6.6% of the state's overall population. Diabetes is one of the mostly costly medical conditions for the state's largest self-insured health plan, costing more than \$3 million dollars a year.

The KEHP implemented several innovative programs in the last five years focused on reducing costs associated with diabetes as the rise in diabetes grew across the commonwealth. In 2016, KEHP began the Diabetes Value Benefit (DVB), which allows members with a diabetes diagnosis to receive maintenance prescriptions and supplies, such as diabetic strips, free or at a reduced copay or coinsurance, with no deductible.

“The first-year results of the Diabetes Value Benefit were overwhelmingly positive,” said Jenny Goins, Commissioner of the Department of Employee Insurance. “The news continues to be positive, with an average four-year medical trend of 4.2% for both diabetes and non-diabetes groups. And the program continues to make an impact on the lives of our members by helping them overcome cost barriers to managing their diabetes.”

In 2015, only 62% of KEHP members diagnosed with diabetes were adherent to their diabetes medications and by 2019 that number had grown to 70% adherence. The data indicates that as members manage their diabetes, they are also able to reduce their use of other medications, explained Commissioner Goins. As members proactively manage their diabetes, they also improve their overall health and reduce their health care costs.

For members with diabetes the number of diabetic prescriptions increased an average of 1.7% in four years and the number of non-diabetic scripts decreased an average of 0.2% in the last four years.

According to the 2019 Kentucky Diabetes Report, Kentucky had the fourth-highest mortality rate due to diabetes in the nation as of 2016 and a 12.9% prevalence of diabetes among Kentucky adults.

“We work to make a difference in the lives of public employees, retirees, and their families covered by the Kentucky Employees’ Health Plan,” said Personnel Cabinet Secretary Gerina Whethers. “The health plan provides a variety of programs that support the physical, mental, social and financial well-being of our members through programs like the Diabetes Value Benefit, LiveHealth Online, Future Moms, Rethink and others. Not only are we seeing a significant cost savings, but even more importantly, we’re making a difference in the health of the members we serve.”

The KEHP works to reduce the number of members with Type 2 Diabetes through 100% coverage of the national Diabetes Prevention Program (DPP). Currently there are more than 7,000 members enrolled in DPP across the State. KEHP also provides coverage for the Diabetes Self-Management Education and Support (DSMES) program.

“Within the workplace, diabetes prevention and management programs that engage staff to take an active role in their health can make a big difference,” said Dr. Connie White, Deputy Commissioner for Clinical Affairs with the Kentucky Department for Public Health. “Making good choices can help you learn to manage diabetes, instead of diabetes managing you. KEHP’s program results show us that participation has a positive impact on glycemic control, and such support is also shown to increase productivity, reduce absenteeism and boost morale.”

Additional information for KEHP members can be found at kehp.ky.gov. Kentuckians who are not covered by the KEHP can get information about diabetes resources, by visiting the [Kentucky Diabetes Resources Directory](#).

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