



► SHIELDS OUTCOMES

# Diabetes

Diabetes is a chronic disease caused by either a deficiency in insulin production or insulin resistance. In type 1 diabetes, the body does not produce insulin, a hormone needed to transport glucose from the blood into the body’s cells. In contrast, in type 2 diabetes, the body doesn’t use insulin properly.<sup>1</sup>

**TREATMENT**

While there is no cure for diabetes, the disease can be managed through a combination of lifestyle modifications, including a healthy diet, exercise, and weight loss, as well as regular blood glucose testing and medication management.<sup>1</sup>

**34.2 MILLION**  
PATIENTS WITH DIABETES  
IN THE U.S.<sup>1</sup>

3 Common Barriers to the Treatment & Management of Diabetes

**AFFORDABILITY**



**Ease the Financial Burden**

Shields’ liaisons understand the financial complexities patients with diabetes face. By helping patients identify available financial assistance, liaisons can help ease this burden.

**ADHERENCE**



**Improve Medication Adherence**

Liaisons provide comprehensive pharmacy care including benefits investigation, prior authorization support, and monthly refill calls to significantly improve medication adherence.

**COMPLEXITY**

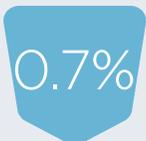


**Simplify Diabetes Care**

The Shields care model services the whole patient, addressing a complex disease by ensuring access to diabetes medications, supportive medications, and durable medical equipment.

**OUR SHIELDS CARE MODEL**

**Monitoring:** The hemoglobin A1C (HbA1c) is a common blood test used to diagnose type 1 and type 2 diabetes and to monitor how well patients’ blood sugar levels are controlled over time. Higher HbA1c levels correlate to poorer blood sugar control and a higher risk of diabetes complications.<sup>2</sup>



SHIELDS AVERAGE REDUCTION IN HbA1c

**Benefits of lowering A1C<sup>3,4,5</sup>**

- 1 Decreased risk of **chronic kidney disease**
- 2 Decreased risk of **cardiovascular disease**
- 3 Decreased risk of **nerve damage**

# Diabetes

OUR PROVEN CARE MODEL BREAKS DOWN BARRIERS TO CARE TO OPTIMIZE PATIENT OUTCOMES.

While diabetes isn't traditionally considered a specialty disease state, Shields Health Solutions has focused on adapting our care model to help simplify and improve the care of patients with diabetes. Our dedicated team of liaisons and patient support advocates engage patients and their families to help educate, coordinate care and ensure patients receive their medication without delay.

### ENGAGE

Our liaisons engage with patients both at the clinic and telephonically.

### COORDINATE

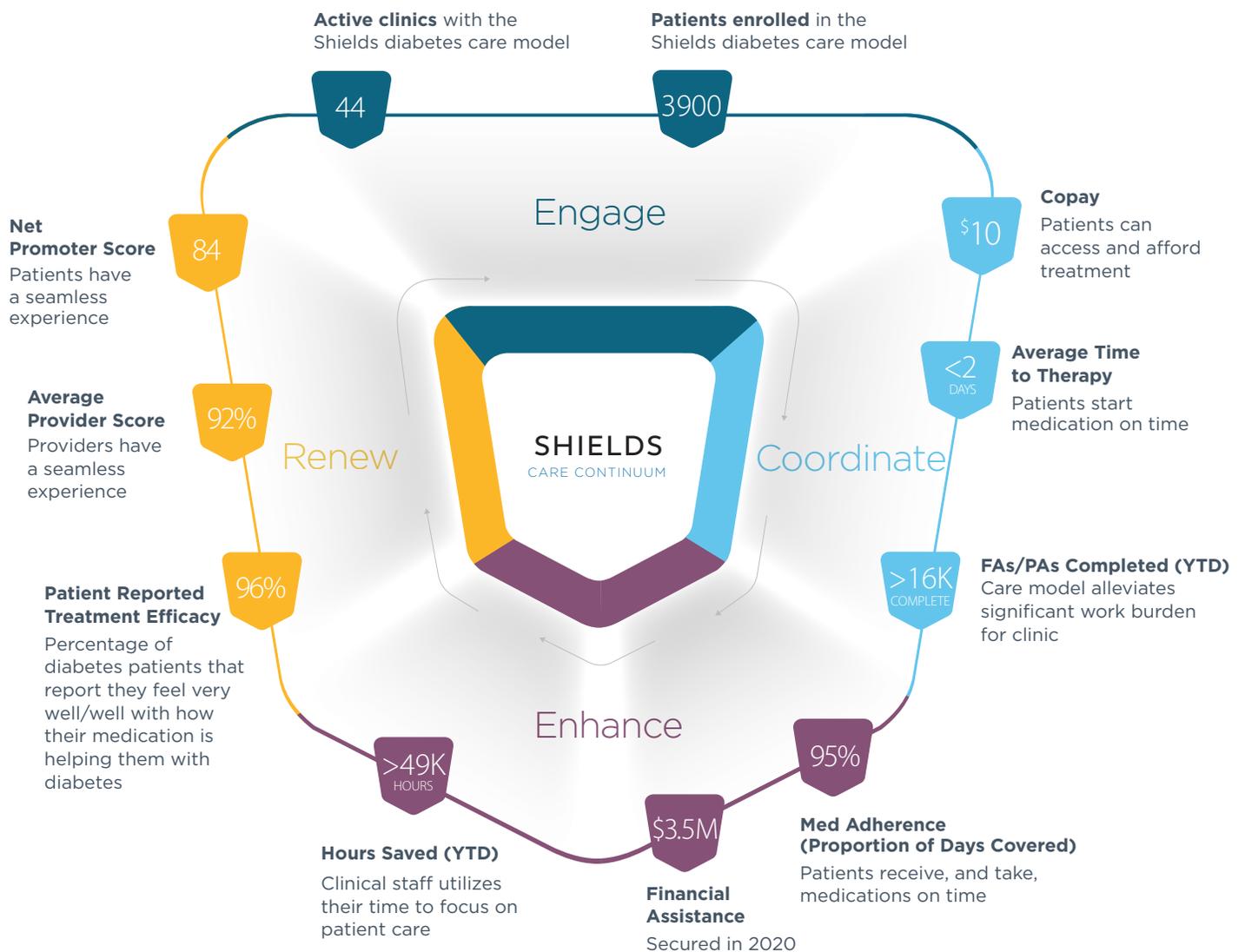
Liaisons investigate patient benefits, complete prior authorizations and identify financial assistance, minimizing barriers to optimal therapy.

### ENHANCE

To help simplify care, our liaisons serve as the patient's one-stop source for all pharmacy needs.

### RENEW

Liaisons reach out to patients monthly to coordinate refills to ensure they remain adherent.



<sup>1</sup> American Diabetes Association. Diabetes Overview. Accessed October 11, 2021. <https://www.diabetes.org/diabetes>.

<sup>2</sup> Mayo Clinic. Patient Healthcare & Information: A1c Test. Accessed November 2, 2021. <https://www.mayoclinic.org/tests-procedures/a1c-test/about/pac-20384643>.

<sup>3</sup> Buse JB, Wexler DJ, Tsapas A, et al. 2019 Update to: Management of hyperglycemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). Diabetes Care. 2020;43: 487-493.

<sup>4</sup> Giugliano D, Bellastella G, Longo M, et al. Relationship between improvement of glycaemic control and reduction of major cardiovascular events in 15 cardiovascular outcome trials: A meta-analysis with meta-regression. Diabetes Obes Metab. 2020;22:1397-1405.

<sup>5</sup> UK Prospective Diabetes Study Group: Intensive blood-glucose control with sulfonylureas or insulin compared with conventional treatment and risk of complications in patients with type 2 diabetes (UKPDS 33). Lancet. 1998;352:837-853.