

Reducing Diabetes Risk Can Help Strengthen Your Workforce

Learn How Providing Access to **Ready for Health**, the Rhode Island Diabetes Prevention Program, Benefits You and Your Employees



More than 1 in 3 Rhode Island adults have prediabetes and don't know it. Complications of diabetes and prediabetes (having higher blood glucose, or sugar, than is normal, but not yet as high as with diabetes) can affect the health and quality of life of your employees.

2x↑

These health conditions also affect your organization, from lost productivity and absenteeism to loss of staff due to chronic disability. And, diabetes is costly, with an annual cost of \$412.9 billion nationwide. Medical expenses for employees with diabetes are about **2.3 times higher** than for employees who don't have this condition.

What is Ready for Health?

Taking steps to prevent diabetes onset can help your employees stay healthier. [Ready for Health](#) is a year-long CDC-approved evidence-based lifestyle change program proven to prevent or delay type 2 diabetes. Anyone 18 or older with prediabetes, a history of gestational diabetes (diabetes during pregnancy), or who is at risk for developing type 2 diabetes can participate virtually or in-person. The American Diabetes Association defines prediabetes as fasting blood sugar between 100 and 125 mg/dL, or an A1C (a measure of average blood glucose) of between 5.7% and 6.4%.

Benefits of Ready for Health

[Ready for Health](#) helps employees take control of their health. It's also good for the health of your bottom line. Offering Ready for Health as a covered benefit or wellness program for your employees can:

- Help control health insurance costs.
- Provide direct financial benefits by lowering healthcare costs.
- Create indirect financial benefits such as increased productivity and employee satisfaction.
- Help you offer a valuable employee wellness benefit that can improve health through flexible program options.

Why should I consider making Ready for Health a covered benefit?

More than 1 in 3 Rhode Island adults have prediabetes – including your employees, family members, friends, and neighbors. The good news is that prediabetes can often be reversed. Ready for Health can help.

About one in four healthcare dollars are spent on people with diagnosed diabetes. When you provide access to a diabetes prevention program, you help shift healthcare spending to prevention and reduce healthcare costs overall. Preventing diabetes creates a ripple effect that benefits your employees, your clients, and your organization.

\$8,015

Increase in Medical Expenditures
over a 3-year period for individuals with prediabetes who developed diabetes compared to individuals with prediabetes who did not

(Year 1: **\$2,469**; Year 2: **\$3,193**; Year 3 **\$2,353**¹)

vs.

\$500

Cost of the National DPP
lifestyle change program per participant, per year²

Note: Even without any lifestyle changes, not all individuals with prediabetes will progress to type 2 diabetes

SOURCES: 1. Kahn, T., Tsipis, S., Wozniak, G., [Medical Care Expenditure for Individuals with Prediabetes](#). Population Health Management, 2017.
2. CDC, [How Type 2 Diabetes Affects Your Workforce](#), 2018.

Consider adding **Ready for Health** as a covered benefit. Learn more about the [value of making Ready for Health a covered benefit](#) or about how a [diabetes prevention program](#) can benefit your employees.

Ready for Health

a lifestyle change program
to prevent (or delay) diabetes



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