The costs of chronic illnesses like type 2 diabetes are high – both to the patient’s quality of life and the financial costs to the United States health system. Despite type 2 diabetes reaching epidemic rates, only 37 percent of those patients are achieving adequate control over their chronic disease. Considering the high cost of managing diabetes – over $217 billion per year in the United States – there is a clear need for innovative, cost-effective solutions that allow better collaboration, care coordination and involve patients in proactively managing their condition.

AT&T mHealth Solutions presents DiabetesManager® offers a tool to help address this pressing need for an innovative approach to diabetes by integrating clinical, behavioral, and motivational software solutions with everyday technologies, like the internet and cell phone, to engage patients and healthcare providers in ways that aid in diabetes self-management, which in turn may affect outcomes and healthcare costs. The system is the only mobile health solution cleared by the United States Food and Drug Administration (FDA) to provide coaching messages (motivational, behavioral, and educational) based on near real-time blood glucose values and trends.

You can choose from many data enabled mobile phone on any cellular network, this mHealth solution is intended to provide highly secure capture, storage and transmission of blood glucose values and other diabetes self-management data. Additionally, an Automated Expert System™ then analyzes the near real-time patient data to identify trends, and delivers back relevant evidence-based provider decision support, patient education and behavior coaching, that supports lifestyle and medication adjustments.

Comprehensive Solution
DiabetesManager® delivers a comprehensive mHealth experience that goes beyond data collection and sharing with an Automated Expert System™ that analyzes and translates health data into relevant, valuable information and actionable knowledge for patients, providers, insurers and disease management companies.

Patient Engagement via “Daily, Teachable Moments”
Complying with disease treatment can be difficult if patients lack the knowledge and the continuous motivational, behavioral, and educational support needed to effect changes in their behaviors. In serving as a patient coach, this mHealth solution utilizes real-time patient data to convey educational and behavioral guidance, providing support for patient self-management. Health care providers, armed with this timely data and decision support tools, can work with their patients through shared action plans and practice management applications.

Enabling Real-Time Diabetes Care Management
AT&T mHealth Solutions presents DiabetesManager® is a comprehensive mHealth solution that offers a tool to help address key challenges facing chronic disease management in adult type 2 diabetes.

Connecting Stakeholders
Combining mobile and Web-based technologies allows critical real-time patient data to be securely and appropriately shared by all key stakeholders, supporting population management and individual patient care.

Engaging Patients
Managing diabetes is a day-to-day activity requiring a complex range of patient behaviors and compliance. The real-time coaching of glucose levels and other health data supports collaboration and timely treatment modifications that help prevent expensive acute episodes. Continuous relevant education and patient coaching provides patients with support to help self-manage their condition and live healthier lives.
Enhances Existing Disease Management Programs

DiabetesManager® augments existing disease management programs to support payors – private, public and self-insured employers in diabetes management efforts, with:

- Real-time population risk-stratification
- Program engagement
- Health care reach
- Integration of providers into programs – including a platform to support pay-for-performance initiatives

Notes

1. Horton, Edward S., Challenges and Approaches to managing Type 2 Diabetes Mellitus, Current Diabetes reports, Volume 10, Number 1, January 19, 2010

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