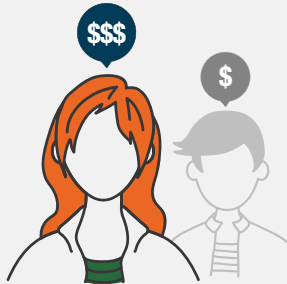


# Diabetes Management Depends on **AFFORDABLE MEDICATION**



## DIABETES BY THE NUMBERS

People with diabetes have **more than twice the average medical costs** than people without diabetes.<sup>1</sup>



The stats on diabetes are well known: one in 10 Americans is living with the disease, it's the seventh-leading cause of death, and a quarter of every U.S. healthcare dollar is spent on diabetes care.<sup>1</sup> Take a look at some lesser-known facts about this chronic condition, the importance of medication adherence, and **the positive impact RxSS can have on members in your plan with diabetes.**

### THE IMPACT OF RxSS

What happens when someone living with diabetes does all the right things—engages with a diabetes point solution, follows a personalized management plan, never misses an appointment—but has to skip or ration their metformin, insulin or statin treatments? Poor health outcomes.

**RxSS helps members better manage their conditions by notifying them of available lower-cost alternatives and fulfillment channels and making it easier to adhere to their diabetes medications.**

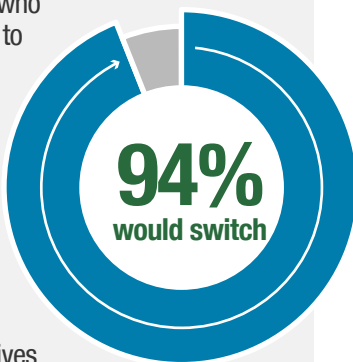
Almost 10% of all realized savings by RxSS members are related to diabetes medications. Diabetes consistently ranks within the top 5 disease states for realized savings per client. Savings totals grow when associated conditions like hypertension and cholesterol are taken into account.<sup>5</sup>

**9.6%**  
of member savings  
are related to diabetic  
medication

Americans with diabetes

**37.3M** → **44M**  
in 2019      projected 2029<sup>2</sup>

More than 9 in 10 people who skipped a medication due to cost **would have been willing to take a lower-cost alternative** if their prescriber had suggested one.<sup>3</sup> RxSS **notifies every member who has a lower-cost alternative available** and works directly with their prescribers to get alternatives approved and prescribed.



**+\$15** → **-11%**

**Patient out-of-pocket costs are negatively associated with adherence.** For each additional \$15 in out-of-pocket costs per month, diabetes medication adherence decreased by 11%.<sup>4</sup>

### COSTS BY CLAIM

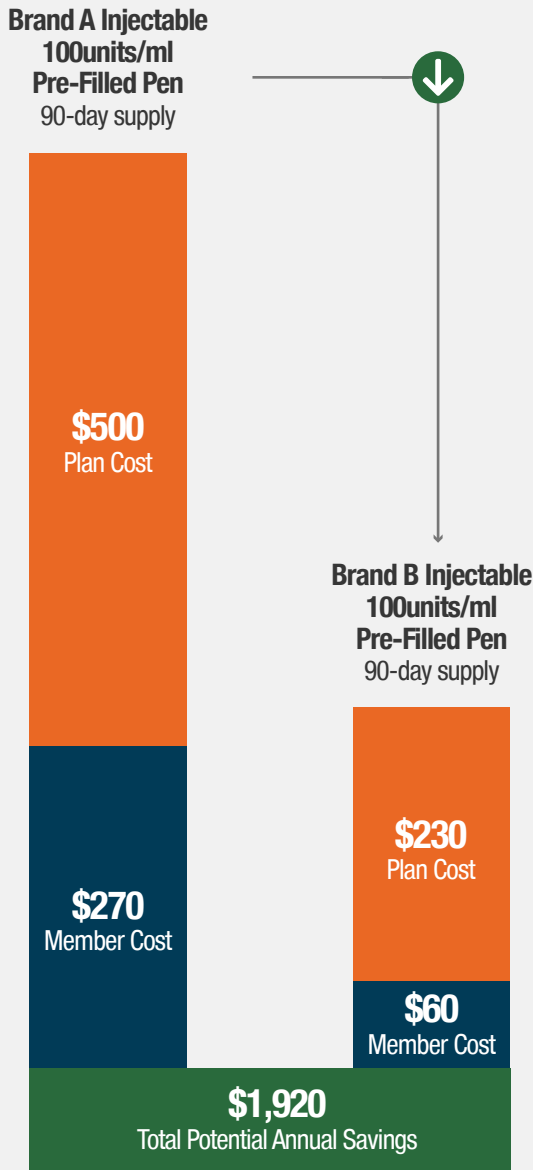
Within a 12-month span in 2021-2022, RxSS processed **8.4 million claims for diabetes medications** and calculated the following:<sup>6</sup>

<b>237</b> prescribed products	<b>\$539M</b> in patient costs	<b>\$3.6B</b> in payer costs	<b>\$490.86</b> Average total cost per claim	<b>\$4.36 – \$34,511</b> Range of cost per claim (low - high)
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## REAL SAVINGS EXAMPLES

In addition to insulin, there are 10 classes of medications that treat Type 2 diabetes. Considering the medication along with dose, brand vs. generic, oral vs. injectable, and other formulations, hundreds of different products may be prescribed. The landscape can be overwhelming. **RxSS suggestions are pharmacist-curated to reduce confusion and simplify the process for patients, whether on oral or injectable treatments.**

Below are two of the most common medication switches for RxSS members with diabetes:\*



## REDUCED RX COST = INCREASED DAYS COVERED

RxSS data shows that members who switch to lower-cost options become more adherent. Claims-verified switches to our suggested lower-cost options led to an increase in proportion of days covered (PDC) for these chronic condition medications<sup>8</sup>:

**+1.42%** oral antidiabetics

**+0.54%** statins for cholesterol

**+0.20%** RASA for hypertension

When factoring in total cost of care for a 30,000-member Medicare Advantage plan, **increased adherence can lead to decreased medical costs of \$600,000 annually.**

## ADHERENCE = COST REDUCTIONS

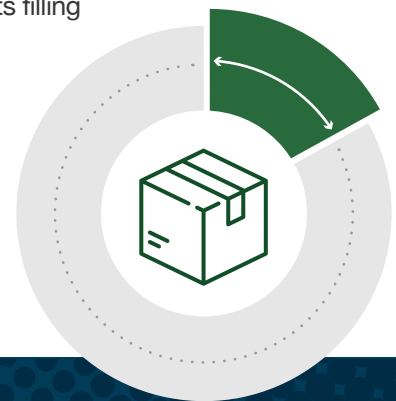
Nearly 8 in 10 members who use RxSS are on at least one maintenance medication.<sup>7</sup> The average member of that group takes five different prescription drugs in a 12-month span, indicating many are battling multiple conditions or risk factors.

Adherence to such medications was linked to reduced costs and improved health outcomes in a PubMed<sup>®</sup> study. **Diabetes patients with PDC's at  $\geq 80\%$  save an average of \$28,824 in medical costs over 3 years compared to those with PDC's of  $\leq 20\%$ .**<sup>4</sup>

## CONVENIENCE = 2X ADHERENCE

The largest effect on adherence to diabetes medications could be whether patients obtain their prescriptions by mail or by picking them up in person. Surveyed patients using the mail channel were more than twice as likely to be adherent when compared with patients filling their prescriptions at retail pharmacies.<sup>4</sup> In 2022 alone, RxSS converted

**17.6%**  
of engaged members from retail to a home delivery fulfillment channel.<sup>7</sup>



1 CDC – <https://www.cdc.gov/chronicdisease/programs-impact/pop/diabetes.htm>

2 NIH, National Library of Medicine – Population Health Management, 2017

3 SureScripts survey – Prescription Price Transparency and the Patient Experience

4 PubMed, National Library of Medicine – Associations Between Adherence and Outcomes Among Older, Type 2 Diabetes Patients, 2016

5 Based on RxSS claims data June 2014–October 2022

6 Based on RxSS claims data November 2021–October 2022

7 RxSS claims analysis, 2022

8 RxSS claims analysis, 2021

Learn more at [rxss.com](https://rxss.com)