



Synopsis:

More than two million Canadians and 20.8 million Americans have diabetes. That number is expected to double over the next 10 - 15 years, creating huge costs for society and business. People with diabetes incur medical costs that are two to three times higher than those without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from \$1,000 to \$15,000 a year.

Because most people spend the majority of their day at work, companies have a unique opportunity to provide employees with diabetes prevention education and support. Your company need not be large: organizations of all sizes will benefit when initiative is taken for prevention and in many cases the reversal of diabetes.

One study shows employees who controlled and lowered their blood sugar levels were more productive on the job (99% versus 87%) and able to remain employed longer (97% versus 85%) than employees who did nothing.*

How Stop Diabetes Works:

Call your Exan Web Health wellness director at 250.763.4744. They'll work with you from start to full implementation of the program over the following stages:

- ✓ Launching your awareness campaign.
- ✓ Receiving and installing your wall posters and booklets stands.
- ✓ Scheduling guest speakers to conduct lunch-and-learns.
- ✓ Mailing a copy of the Stop Diabetes program to employees' homes (optional).
- ✓ Designating and training an employee to do blood-glucose testing, receive a blood-glucose monitor, and allocate two hours per week for testing 500 people.
- ✓ Training employees to enter glucose readings into their confidential health tracker.
- ✓ Identifying likely pre-diabetics/diabetics and providing health support/coaching.
- ✓ Identifying program return on investment through web-based aggregate reporting.
- ✓ Access to Exan Web Health Portal - comprehensive education about diabetes and self-help as well as information about what you can do to prevent or reverse diabetes.

About Diabetes:

There are three different types of diabetes. Type 1, formerly known as insulin-dependent or juvenile-onset diabetes, Type 2, formerly known as non-insulin-dependent or adult-onset diabetes, and gestational.

The key component of any company's diabetes intervention should be the promotion of glycemic (blood sugar) control among its employees. Keeping glycemic levels near normal will be a major factor in improving your employees' quality of life and reducing your company's human and economic costs from diabetes and its complications.

Please go to exanwebhealth.com for more information about diabetes.

What Can My Company Do?

- ✓ Develop a supportive work environment so that employees with diabetes feel comfortable adopting and maintaining lifestyle changes that promote good diabetes control.
- ✓ Provide encouragement and opportunities for all employees to adopt healthier lifestyles that reduce risk for chronic diseases.
- ✓ Coordinate all corporate diabetes control efforts to make them more efficient, as well as accountable within the organization.
- ✓ Demand the highest quality medical care for people who are dealing with diabetes.