

DISEASE MANAGEMENT AND PREVENTION WITH XPATTERNS ACCOUNTABLE CARE INTELLIGENCE

PRIMARY CARE DOCTOR USING XPATTERNS ACCOUNTABLE CARE INTELLIGENCE (ACI) SAVES DIABETIC PATIENT FROM LIFE-THREATENING COMPLICATIONS WITH A SIMPLE YET URGENT PREVENTATIVE APPOINTMENT ALERT

Diabetes - a lifelong disease that requires daily management of blood glucose levels - affects one out of every 11 people in the U.S., or more than 29 million people. Diabetes can often lead to other serious health complications for those suffering from the disease, especially when not properly managed. People with diabetes are at high risk of organ failure of any kind since diabetes negatively affects every bodily organ, including the heart, brain, kidneys, eyes, etc.

Most physicians see several diabetic patients each day. Coordinating patient care with nurses and other ancillary specialists is critical. Together, care providers need to track the state of the disease with each diabetic patient and anticipate potential complications before they happen. For a diabetic patient, these complications can be expensive to treat and compound into life-threatening conditions.

DIABETES PATIENT - WITHOUT XPATTERNS ACI

PATIENT PROFILE: TOM, 68 YEAR OLD, MALE

Tom, 68, has diabetes and it has been over two years since he's seen his primary care physician. While at home one evening, he feels light-headed and his wife calls 911. An ambulance arrives and transports him to the local emergency room. Medics report that his glucose level is extremely high (300mg/dl). At the hospital, Tom begins to experience numbness on the left side of his face and weakness in his left leg.

Lab tests show that Tom's HBA1C level is 11.0 percent, indicating that he has not taken his diabetic medication on a regular basis. He receives insulin in the ER, and a head CT shows Tom has suffered a diabetic-induced stroke. Tom remains in the hospital for four days, and is then transferred to a rehabilitation hospital for 10 days. He is expected to recover, and is discharged home where he will receive home nursing support and physical therapy service over the next month.

WITHOUT XPATTERNS ACI	
Ambulance transportation to ER	\$850
ER services	\$1,800
Lab services	\$400
Head CT	\$600
4-day hospital stay	\$18,000
Ambulance transportation to rehabilitation facility	\$750
10-day rehabilitation stay	\$15,000
Medications upon discharge	\$100
12 days of VNA home care/physical therapy	\$900
Lease of a wheelchair and walker and other DME	\$700
TOTAL EPISODE COST	\$39,100

DIABETES PATIENT - WITH XPATTERNS ACI

PATIENT PROFILE: MARK, 68 YEAR OLD, MALE

Mark is also a 68-year-old diabetic patient, who hasn't seen his primary care physician in more than a year. Mark's physician uses xPatterns Accountable Care Intelligence Solution Suite. His physician and insurer are alerted that Mark needs a follow-up evaluation within the next two weeks. xPatterns reminds his physician that Mark's last visit resulted in an HBA1C level of 7.0 percent - borderline high.

Mark is promptly contacted, and a doctor's appointment is arranged. At the preventative care visit, the doctor runs lab tests and increases his diabetic medication accordingly. Mark undergoes a complete, comprehensive physical exam and is provided diabetic counseling with a nurse practitioner. A follow-up visit is scheduled in two weeks, where tests show that Mark's diabetes is back under control. Afterwards, his doctor and insurer are informed that the follow-up treatment possibly prevented further complications and associated costs of more than \$38,400. That's a 98 percent reduction in healthcare costs versus without xPatterns.

WITH XPATTERNS ACI	
Lab services	\$85
Primary care physician office visit	\$115
Medications	\$110
Diabetic counseling	\$275
Follow-up office visit	\$115
TOTAL EPISODE COST	\$700