

REDUCING COSTLY DIABETES COMPLICATIONS IN MEDICARE ADVANTAGE

REAL-WORLD SUCCESS STORIES FROM NATIONAL AND REGIONAL MA PLANS

THE CHALLENGE

Approximately one-third of Medicare beneficiaries have diabetes, a condition that can cause severe, life-threatening complications.¹ Managing these members means juggling costs, delivering quality care, and improving outcomes — a tall order without the right tools and clinical partners. As a result, health plan leaders are seeking innovative strategies to effectively manage this complex population.

THE SOLUTION

One of the costliest diabetes complications — and least discussed — is foot amputations. The primary cause of diabetic amputations is foot ulcers, yet 85% of ulcers are preventable.² Targeting serious diabetic foot complications gives Medicare Advantage (MA) plans a powerful way to effectively reduce costs and improve outcomes.

Several regional and national MA plans have successfully tackled this issue by partnering with Podimetrics to implement a virtual care solution for high-risk members. Through remote monitoring with the SmartMat™, personalized support, and direct member engagement, our solution enabled timely interventions to help prevent complications before they escalate.

A Smarter Approach to Complex Diabetes Care

At the core of the Podimetrics Solution is the SmartMat, a scientifically validated remote monitoring technology members use for just 20 seconds a day. The mat measures temperature on the bottom of the foot, helping Podimetrics to identify signs of inflammation that may indicate complications, such as ulcers.

Research shows our solution can help identify diabetic foot wounds up to five weeks before they appear.³ Backed by clinical intelligence, personalized member engagement, and proactive, low-cost interventions, we help MA plans target high-risk populations and drive measurable results.



THE RESULTS

Blended results across 3 MA and MA equivalent populations, over 7K patients measured.⁴

- **20%+** total cost of care savings
- Average savings of **\$10K+** per member per year
- **50-70%** reduction in amputations
- **30%+** reduction in inpatient hospital stays
- **92%** of members reported high satisfaction with the program
- **93%** of members said the program enhanced their experience with the plan
- Members scanned an average of **4 -5 times per week** with the SmartMat

CONCLUSION

These successes show how Medicare Advantage plans can drive measurable improvements in member outcomes and cost savings through proactive diabetic foot care. The program has also strengthened collaboration between payors and providers, while boosting member engagement. By partnering with care management teams, early interventions are identifying broader health concerns, including changes in status, fall risk, and potential hospitalizations.

“Our podiatry group can perform up to 20 amputations a day. It’s commendable that the health plan recognizes the severity of preventable diabetic foot wounds and complications, which can quickly escalate to amputations. When a health plan is committed to addressing the Triple Aim, they target this complex, high-cost issue. I believe this solution will have a significant impact.”

- *Network Provider, Southwest Region*

FUTURE INNOVATIONS

Members at risk of diabetic foot complications are also more likely to experience falls and heart failure. That’s why Podimetrics developed SmartMat+ — an enhanced version of our trusted at-home program with expanded benefits. In addition to temperature monitoring, it now includes:

- *Photo capabilities to take and send photos for review*
- *Stability measurement for fall prevention and intervention*
- *Weight fluctuation tracking for heart failure alerts and intervention*

For more information, visit podimetrics.com or contact us at info@podimetrics.com.

References:

1. Essien, et al. J Diabetes Care 2022 2. American Diabetes Association 3. Frykberg, et al. Diabetes Care 2017 4. Measured across National Integrated Health System client (MA equivalent population), Northeast Regional MA Plan client, National Plan client (MA equivalent population). Data on file. Podimetrics.

