



THE DIABETES PREVENTION PORTAL

The Telekom Diabetes Portal is a comprehensive solution that enables diabetes Type 2 patients to improve their state of health. As well as keeping a diary of their vital signs and activities at home, they have a coach who accompanies them individually and motivates them to achieve their personal health goals.

The number of diabetics in Germany is rising. In 1998, around 5.9 percent of the population had diabetes. By 2009, this figure had already risen to 9.7 percent. What is more, by no means all diabetics are aware of their condition. If the number of unreported cases is added to that of known diabetics, according to the German Diabetes Foundation (DDS) at least ten percent of all Germans have Diabetes mellitus, and they are joined by 300,000 new cases each year.

TREATMENT COSTS ARE INCREASING

According to the German health report "Diabetes 2013" diabetes burdens the healthcare system with €25 billion a year in direct and around €13 billion in indirect costs. As the number of diabetics increases, costs escalate too.

At the same time, the chances of a cure have risen, as have the opportunities to lead a normal life in spite of sickness – or at least they have for patients with Type 2 diabetes. This is the most common form of diabetes, accounting for more than 90 percent of cases.

A HEALTHY LIFESTYLE REDUCES BLOOD GLUCOSE

The most common causes of Type 2 diabetes are obesity, malnutrition and a lack of exercise. If diabetics eat more healthily and take more exercise, they lose weight and in the long term can lower their blood glucose level, as studies conducted by the North Rhine-Westphalia Heart and Diabetes Center have shown. That is why modern treatment methods rely on a comprehensive care concept.

INTEGRATED SELF-MONITORING PACKAGE

Telekom has developed the Diabetes Prevention Portal accordingly. It gives patients an integrated self-monitoring package based on a secure online platform. Diabetics measure values such as their blood glucose level, weight, and physical activities themselves. In addition, diabetes advisers give them ongoing support and comprehensive coaching on topics such as how to lose weight or the best way of achieving their individual health goals.



THE PREVENTION PORTAL – A SERVICE THAT MOTIVATES



Central Krankenversicherung is the first health insurer to use the Diabetes Prevention Portal for its customers. At the beginning of March 2013, Central supplied around 500 insured persons with an iPhone 4, a Fitbit One activity tracker, and the Medisana GlucoDock blood sugar measuring device.

The insured persons fasten the matchbox-sized tracker to their waistband, for example. It uses a motion sensor to record their calorie consumption, their activity level, and the distance they cover on foot. To measure their blood sugar, diabetics plug the GlucoDock measuring device into their iPhone. They relay their activity and blood glucose data by pressing a button. Data security is ensured by an authorization process and an SSL-encrypted connection.

ALL-ROUND PERSONAL CARE

Central customers use the data to generate a full and automatic diary on the portal, to check their vital signs, and to constantly document their state of health. They also receive comprehensive personal advice from trained diabetes advisers from the North Rhine-Westphalia Heart and Diabetes Center who support them in dealing with their condition and coach them. This consultation takes place on the telephone, health goals are agreed and progress is discussed. In addition, insured persons can use the portal to communicate with one another via chat rooms and forums, or to access recipes or tips for everyday living.

With the Diabetes Prevention Portal, Telekom offers an integrated solution for comprehensive advice and care for diabetics. A role concept gives different users their own view of data and functions. The solution can be expanded by adding modules that include services such as measurement of further vital parameters, community functions, and game-typical elements (gamification).

THE BENEFITS FOR PARTICIPANTS

- The portal can improve health, reduce medication, reduce the risk of secondary diseases and enhance wellbeing.
- Comprehensive telephone support by diabetes advisers who give tips for improving the current situation, and also motivate.
- If patients monitor their own data they are more motivated to improve it and more likely to implement sports therapy and dietary recommendations.
- Diabetics are sensitized to the influence that physical activity and diet have on their bodies.
- Automatic recording and documentation of vital parameters.
- Communication with other diabetics via community functions such as forums and chat rooms.
- So-called gamification elements to help motivate them.

THE BENEFITS FOR HEALTH INSURERS

- If the progress of the disease is positive, insured persons require fewer or no drugs, and correspondingly lower costs are incurred.
- Potential cost savings due to the non-occurrence of secondary diseases.
- Better care of insured persons and more satisfied customers.

TO FIND OUT MORE, VISIT

www.telekom-healthcare.com
E-mail: health@t-systems.com

PUBLISHER AND CONTACT

Deutsche Telekom AG
Telekom Healthcare Solutions
53262 Bonn, Germany