

# The Future of Diabetes Care is Connected

Healthy Outcomes Conference 2024

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Dexcom Canada

**dexcom**



# Diabetes | Epidemic

15%

Diagnosed & Undiagnosed



40-75%

Not Meeting Glucose Targets



65-95%

Experience Hypoglycemia ♦



22%

No primary care provider ▲



Every **3 minutes**, another Canadian is diagnosed with diabetes and the life-long continuous demands for self-management to be healthy, productive, and safe

Sources: Diabetes Canada, 2023; Weisman A et al, 2023; MAP Centre for Urban Health Solutions, 2024; R. Aronson et al. / Can J Diabetes 42 (2018) 11–17; Diabetes Canada <https://diabetes.ca/campaigns/diabetes-is-successful-and-it%20not%99s-not-slowing-down#:~:text=Every%203%20minutes%2C%20another%20Canadian,And%20it's%20not%20slowing%20down> ♦ Insulin users ▲ All Canadians..

# Diabetes | Psychosocial Effects

**46%**

of people with  
type 1 diabetes have  
experienced distress

**31%**

of people with  
type 2 diabetes have  
experienced distress

**Distress** associated with **diabetes** results from the following challenges:

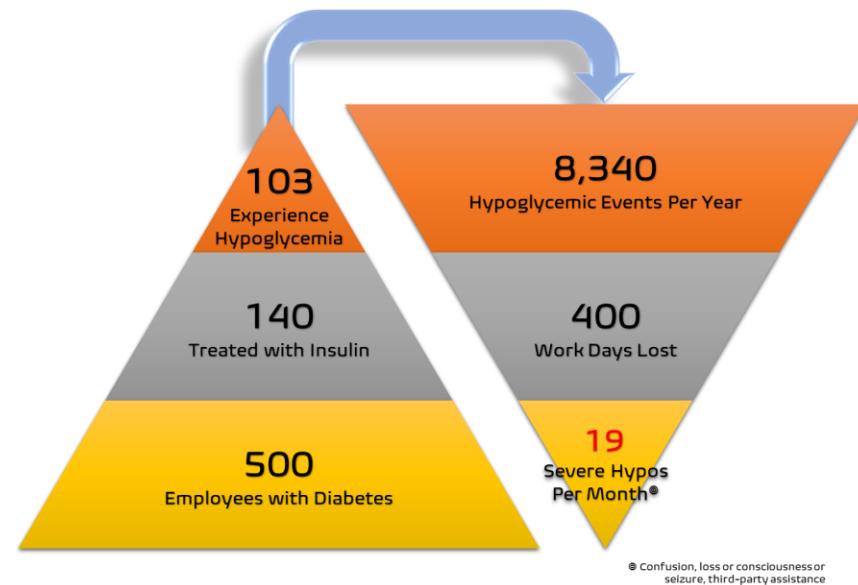
- Coping with complications of diabetes
- Diabetes taking up too much of your mental and physical energy every day
- Worrying about the future and the possibility of serious complications
- Feeling depressed when you think about living with diabetes
- Feeling scared when you think about living with diabetes



69% with type 2 and 86% type 1 diabetes have experienced blame or shame for having diabetes

# Diabetes | At Risk Canadians

## Inulin-Treated T1D & T2D Populations



- **28%** of Canadians with diabetes using insulin
- **75%** not attaining A1C target
- **74%** experiencing hypoglycemic (low glucose) episodes

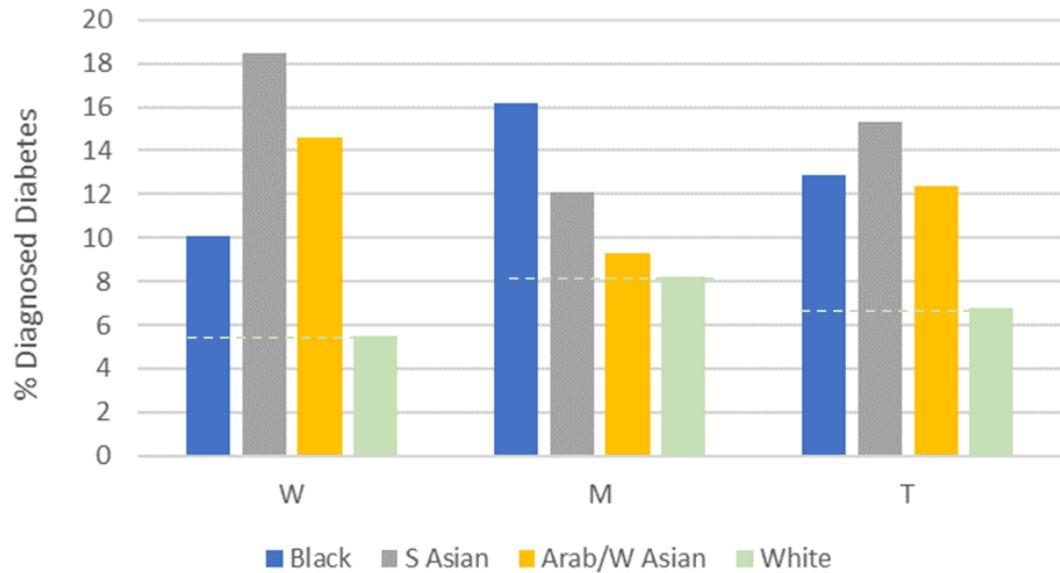
Source: Adapted from Aronson et al findings on the prevalence and incidence of hypoglycemia among insulin-treated patients with diabetes in Canada - Can J Diabetes 42 (2018) 11–17; Weisman A et al, 2023.

## SYMPTOMS OF LOW BLOOD SUGAR



# Diabetes | At Risk Canadians

## Diverse Multi-Ethnic Populations



- **28% of the Canadian workforce**
- **1.8 – 2.3X** the rate of diabetes, with poorer glycemic outcomes & higher rates of complications
- Distinct efficacy, safety factors with insulin including hypos

## Managing diabetes in diverse workplaces: Time for DE&I-informed benefits strategy

The rising prevalence of type 2 diabetes in Canada places a significant burden on health-care systems, economies and employers.

Every 3 minutes, another Canadian is diagnosed with diabetes<sup>1</sup> and faces life-long continuous demands for self-management to be healthy, productive and safe. But this burden is not spread evenly among Canadian populations.

Forty percent (40%) of the Canadian population is made up of immigrants and their Canadian-born children<sup>2</sup>. Studies show that newcomer populations have a substantial decline in health in the years after migration to Canada, leading to a higher risk of diabetes<sup>3</sup>.

The highest prevalence of diabetes in Canada is reported in Indigenous, immigrant and susceptible ethnic populations<sup>4</sup>, some of the fastest growing populations in the country<sup>5</sup>. According to the Public Health Agency of Canada<sup>6</sup>, the prevalence of diabetes across cultural and racial background populations in Canada is as follows:

Diabetes by Racialized Group (Adults, 18+ years)			
	Both sexes	Women	Men
Black	12.9*	10.1*	16.2*
East/Southeast Asian	8.4*	7.6*	9.2
South Asian	15.3*	12.1*	18.5*
Arab/West Asian	12.4*	9.3*	14.6*
Latin American	5.7	6.2	4.8E
All Racialized Populations	10.8*	9.2*	12.4*
White	6.8	5.5	8.2

\* Significantly different from reference category, by sex/gender groups



Compared to the white Canadian adult population, the prevalence of diabetes is

**2.3X** higher among South Asian adults;

**1.9X** higher among Black adults;

**1.8X** higher among Arab/West Asian adults; and

**1.8X** among First Nations adults off-reserve<sup>5</sup>.

Along with having significantly higher diabetes prevalence, racial and ethnic minorities with type 2 diabetes have worse glycemic control and higher rates of diabetes complications<sup>6</sup>.

Numerous studies reveal disparities in the use of continuous glucose monitoring (CGM) technology within racially and ethnically diverse populations in the US. Restrictive insurance eligibility criteria, limited access to quality care and physician shortages are key contributing factors<sup>7</sup>. It is well established that racialized populations in Canada are among those least likely to have access to a regular primary care provider<sup>8</sup>.

Racialized groups now represent more than one-in-four (28%) Canadians in the workforce<sup>9</sup>.

Given the diabetes-related health inequities, poorer outcomes and barriers to care that are disproportionately impacting these employees, employers should incorporate diabetes management into their diversity, equity and inclusion (DE&I) efforts.

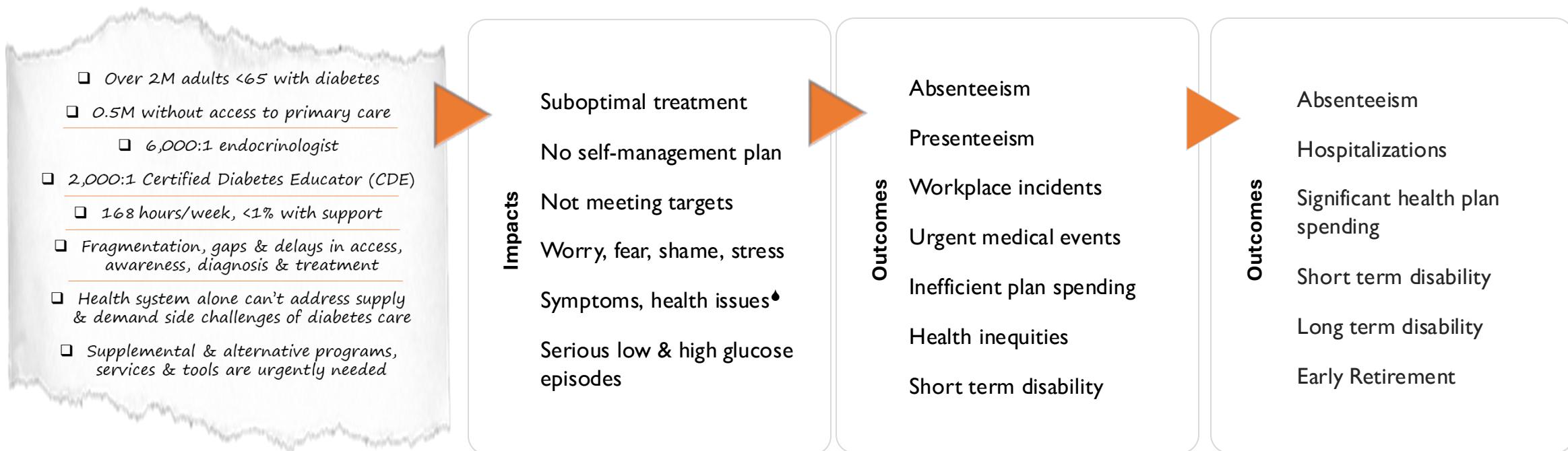
These efforts should include health benefits plan design strategies aimed

at providing diverse employee populations with type 2 diabetes expanded access to diabetes care services and supportive technologies, including continuous glucose monitoring (CGM) supplies.

Evidence indicates that improved glycemic control reduces the risk of both microvascular and cardiovascular complications<sup>10</sup>, making self-monitoring of glucose an essential component of diabetes management. Continuous glucose monitoring (CGM) is an important diabetes self-monitoring tool in this regard. This is particularly the case for marginalized populations with diabetes, who stand to benefit considerably from improved glucose management and simplified, automated approaches to daily diabetes self-care<sup>11</sup>.

Increasing access and utilization of CGM, in conjunction with CGM data-guided virtual diabetes care, is the type of DE&I-informed health benefits strategy required to help reduce inequities in diabetes care and outcomes within ethnically diverse employee populations.

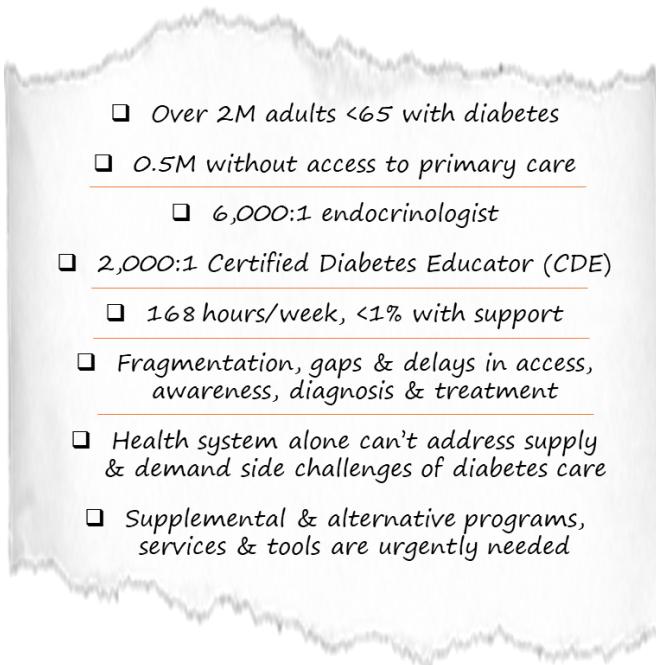
# Diabetes Care | Implications for Plan Members & Sponsors



Deployment of proven connected diabetes health technologies and virtual services is essential to the adoption of diabetes self-management behaviors & improving outcomes **at scale**

\* Frequent urination, repeat infections, excessive thirst, constant hunger, persistent fatigue and weakness, blurry vision, slow healing cuts and wounds, tingling or numbness

# Diabetes | Future of Care is Connected...Now



**Call To Action**  
Broad-based deployment of proven connected diabetes health technologies and virtual services

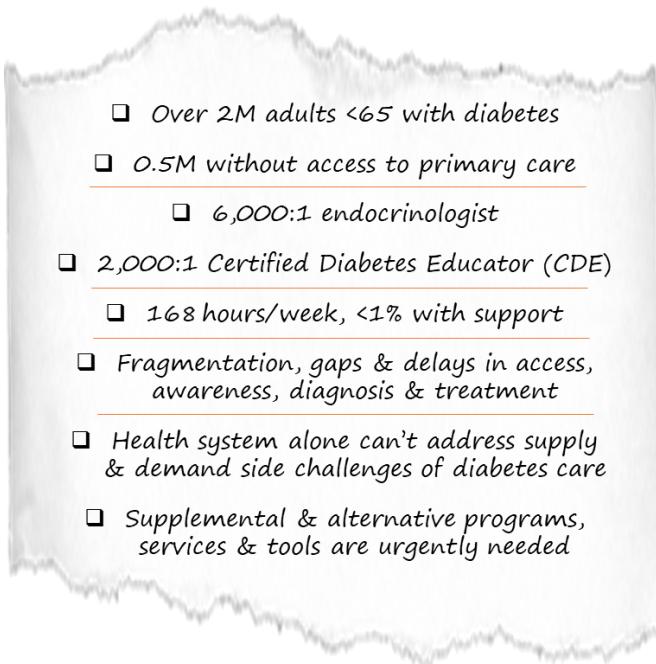
Drive awareness, adoption & adherence to best-practice diabetes self-management behaviors at scale

Real-time Continuous Glucose Monitoring (rtCGM) technology proven to engage & empower patients and improve outcomes

rtCGM connected with patient apps & management platforms seamlessly flows & activates patient-generated glucose data

- Continuous health status monitoring & feedback
- Share & consult with virtual HCP | Coach
- Personalized advice
- Compare | Contextualize | Correlate
- Self-management plan, adherence & tracking
- Informed decisions about behavior & therapy modifications

# Diabetes | Future of Care is Connected...Now



## Call To Action

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rtCGM connected with patient apps & management platforms seamlessly flows & activates patient-generated glucose data

- Increase access to care
- Reduce health inequities
- Improve diabetes outcomes
- Improve health & safety outcomes
- Increase employee productivity

# Real-Time Continuous Glucose Management (Eco)System

Comprehensive Diabetes Management Support for Plan Members



# Real-Time Continuous Glucose Management (Eco)System

Comprehensive Diabetes Management Support for Plan Members



Health Canada approved

Most accurate glucose sensor | software system | API connect

Ages 2 years and older

Management of hypo and hyperglycemia

Type 1 Diabetes | Type 2 Diabetes | Gestational

Automated Insulin Delivery (AID) with Pumps

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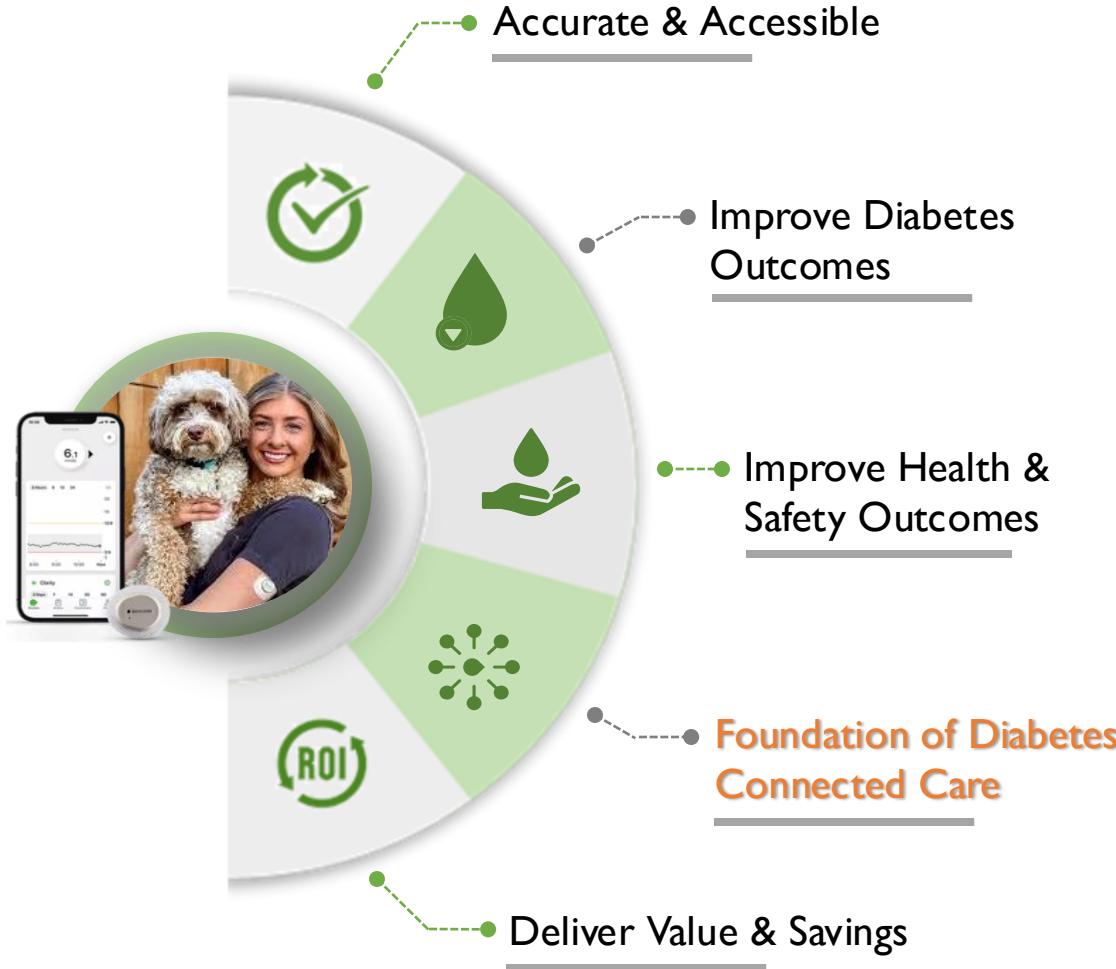


Hypoglycemia confidence  
Food choices  
Sleep quality  
Activity levels  
Medication taking  
Behaviour change | Well-being  
Treatment satisfaction



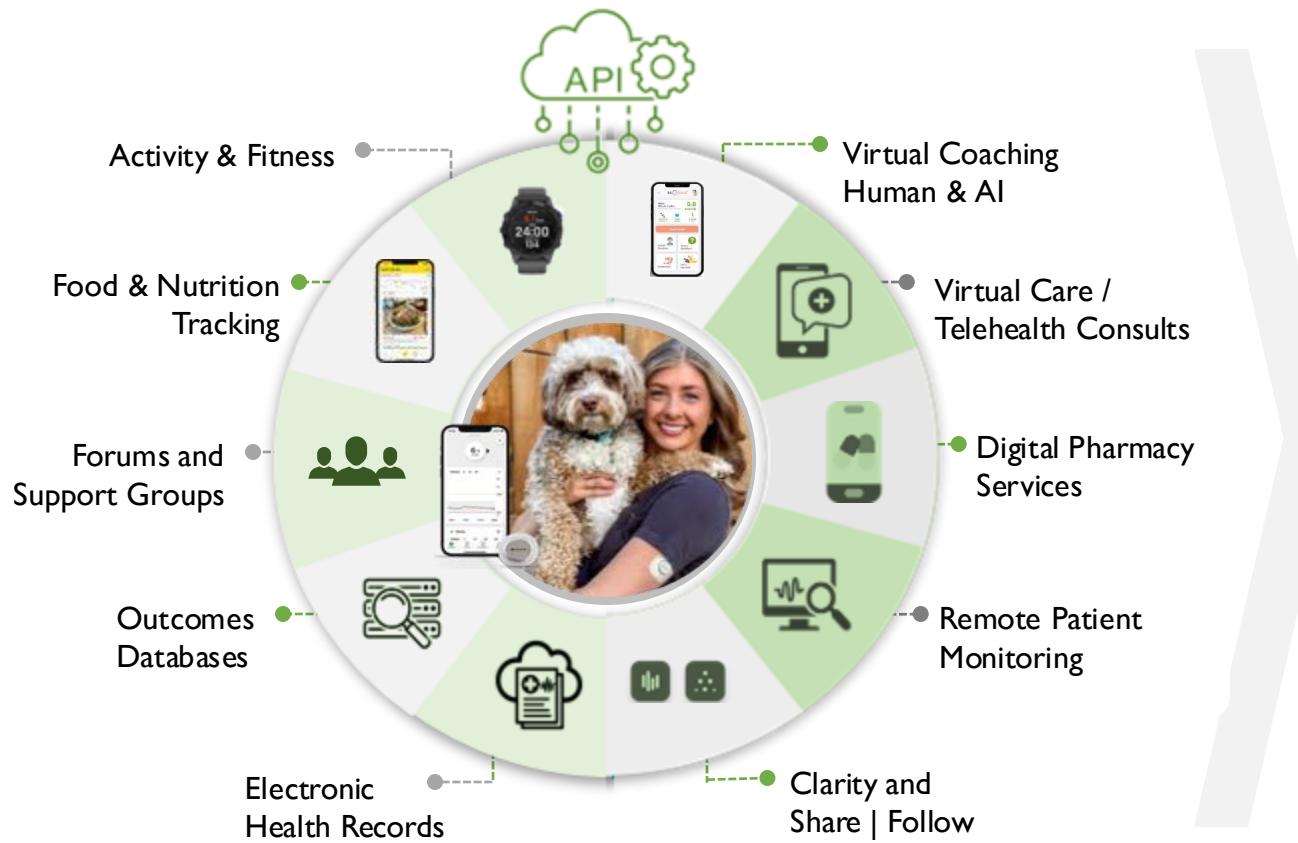
# Real-Time Continuous Glucose Management (Eco)System

Comprehensive Diabetes Management Support for Plan Members



# Diabetes Connected Care | Engage & Empower

Ecosystem of CGM-Connected Digital Apps | Programs | Tools | Devices



## Real-Time CGM + Digital Management Tools:

- Continuous health status monitoring & feedback
- Compare, contextualize & correlate biometric data
- Share & consult with virtual care | coach
- Self-management plan, adherence & tracking
- Timely data-driven personalized advice
- Informed decisions about behavior modifications & therapy adjustments
- AI coaching and gamification!



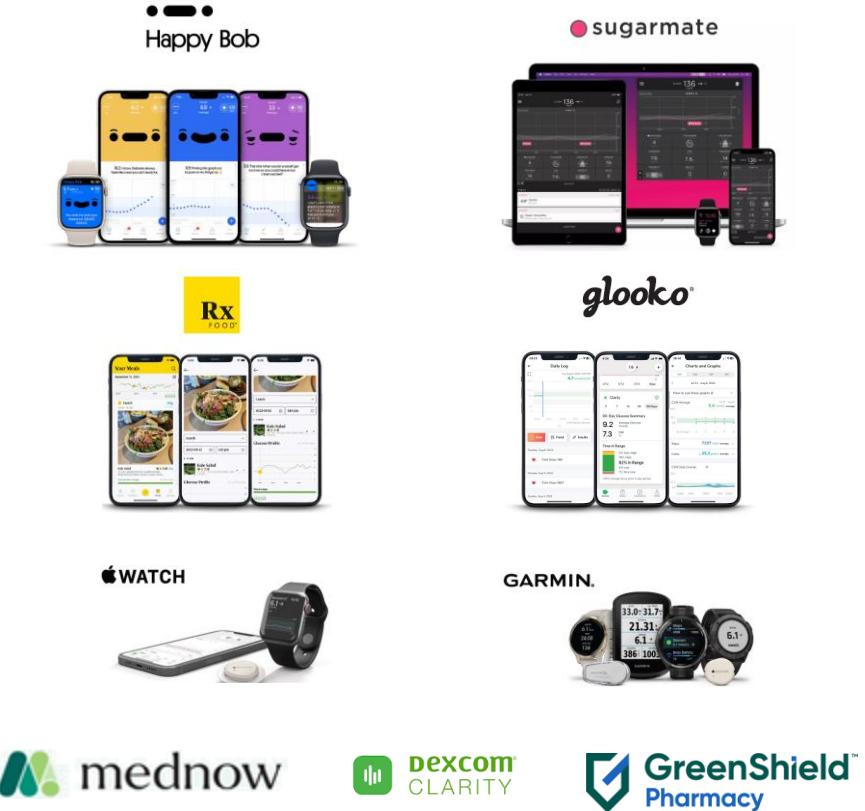
On-demand data-guided personalized diabetes self-management support systems 24/7

Note: Ecosystem also includes device connections for automated insulin delivery [e.g., interoperable pumps]

Confidential – Not For Distribution

# Diabetes Connected Care | Engage & Empower

Ecosystem of CGM-Connected Digital Apps | Programs | Tools | Devices



On The  
Horizon



**Epic**



Revella  
Health

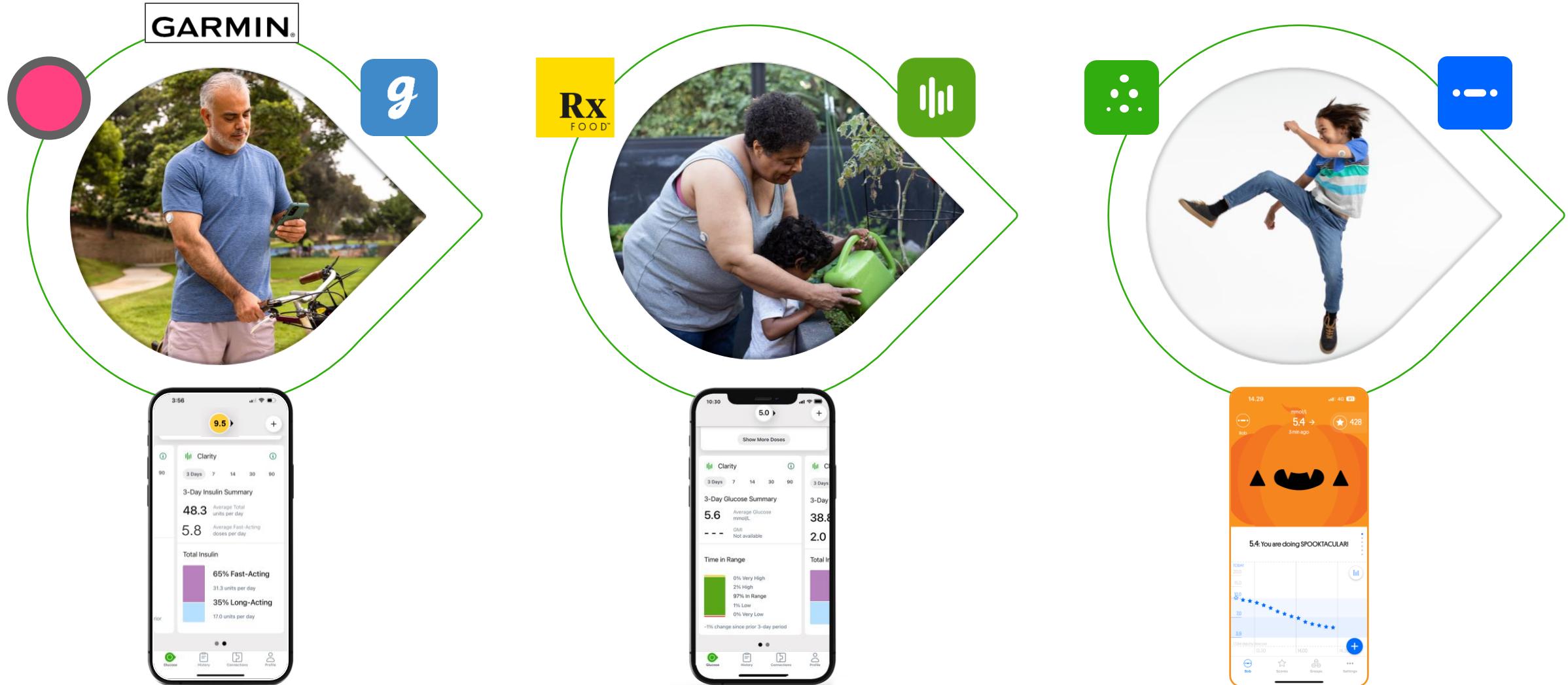
CLOUD DX

**eddii**

Heads Up™

VALIDIC

# Diabetes Connected Care | Individualized Solutions



# Diabetes Connected Care Programs | Health Outcomes



## Real-time CGM + Virtual Diabetes Education Specialist

- Less depression, diabetes distress, and hypoglycemic fear
- Greater satisfaction with diabetes technology and confidence

## Real-time CGM + Telehealth

- Reduction in A1C

## Real-time CGM + Share / Follow App

- Reduction in diabetes distress & hypoglycemia
- Increase in Time in Range (TIR) and quality of sleep

## Real-time CGM + Nutrition AI App

- Increase in TIR
- Decrease in Time above Range (TAR)

## Real-time CGM + Digital Health App

- Increase in TIR
- Reduced stress

## Real-time CGM + Digital Lifestyle Adjustment Health App

- Reduction in A1C and weight



- Increase access to care
- Reduce health inequities
- Improve diabetes outcomes
- Improve health & safety outcomes
- Increase employee productivity

# Diabetes Connected Care Programs | Best Practices in Canada

## Road Map for Plan Sponsors & Insurers



Prioritization + Limited Incremental Direct Plan Investment = ROI in Health, Productivity, Safety & Equity

# Conclusion | Seven Things

1. Diabetes is increasing at unprecedented rate in Canada
2. A majority of Canadians with diabetes are not meeting targets
3. Affected employees are faced with short & long term physical & mental health effects, productivity impacts & safety challenges
4. Employers are faced with unprecedented cost burden and enterprise risk of poorly (un)managed diabetes
5. Access to traditional primary and specialized diabetes care in the health system is declining
6. Deployment of proven connected diabetes health technologies and virtual services is essential to scaling adoption of diabetes self-management behaviors & improving outcomes
7. Affordable, effective & innovative Diabetes Connected Care solutions are available to plan sponsors & members now



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