

HealthyU

ISSUE 25, DECEMBER 2019

kcemployeeclinic.com

STANDING UP TO DIABETES

THE KANSAS CITY HEALTH CARE TRUST AND ITS PARTNERS – WORKING FOR A HEALTHIER YOU

If you're one of the 9.4% of the American population (approximately 30.8 million people) currently living with diabetes, you know that this disease is, at "best," inconvenient, and at worst, life threatening.

Left untreated, the disease can damage your nerves, eyes, kidneys, and other organs.

"There is a high incidence of diabetes and its associated complications among City employees and retirees. This comprehensive, coordinated effort from Blue KC, Fountain of Health, Kansas City Parks and Recreation and others can result in a positive impact in peoples' quality and length of life, as well as significant savings for the City. These are the kinds of programs that change lives."

Dr. Gregg Laiben, MD

Vice President, Employer Health Solutions
Blue Cross Blue Shield of Kansas City



The good news is as an employee or retiree of the City of Kansas City, the Kansas City Health Care Trust and their partners are working to provide you with an array of

effective tools and resources. This issue of HealthyU KC provides readily accessible resources that will help you manage the disease – or prevent it altogether.

IN THIS ISSUE

2 Diabetes Prevention: Stopping Diabetes Before it Starts

3 Living with Diabetes ; Resources You Can Use

PREVENTION: STOPPING DIABETES BEFORE IT STARTS

Statistics show that one in three of us is at risk for diabetes. Most people who have prediabetes are not aware. And without action, 50% of those with prediabetes will develop diabetes in the next five to 10 years.

While the numbers are jarring, there is encouraging news for those who are willing to take necessary action. The National Institutes of Health and the Centers for Disease Control and Prevention proved that for at-risk individuals losing a modest amount of weight significantly reduced the risk for developing diabetes: losing just 5 to 7% of body weight via diet and exercise resulted in a 58% risk reduction. (For a 200-pound person, for example, that would mean losing 10 to 14 pounds.)



More than **86 million** Americans have prediabetes, and most of us don't know it.



Without action more than **50%** with prediabetes will develop diabetes in the next 5 - 10 years.



1 in 3 of us is at risk for diabetes.

For at-risk individuals, losing just 5 to 7% of body weight via diet and exercise resulted in a 58% risk reduction for developing diabetes.



BLUE KC AND THE DIABETES PREVENTION PROGRAM CAN HELP WITH WEIGHT LOSS

City employees, retirees, and eligible dependents can enroll in the Diabetes Prevention Program (DPP), powered by Solera at no cost! DPP is a lifestyle program, designed to help participants lose weight and adopt healthy habits, by focusing on healthier eating, increased physical activity, and managing the challenges associated with lifestyle changes.

Solera offers a 16-week weight loss program, followed by monthly check-in sessions. As a preventative benefit, Solera is available at no cost to eligible members.

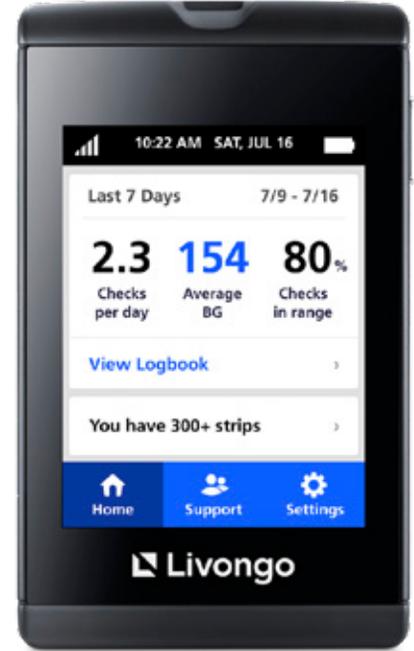
Visit solera4me.com/bluekc and take a one-minute quiz to see if you qualify.

TECHNOLOGY WHEN YOU NEED IT - BLUE KC PARTNERS WITH LIVONGO

Livongo for Diabetes provides members a no-cost solution to help them to live better with their diabetes.

The program is designed to make living with the disease easier by leveraging applicable technology, as well as personalized support and education. This includes:

- **Better diabetes monitoring** – Livongo’s free, advanced meter uploads readings to the member’s private account automatically, with no more paper log books. The meter also provides personalized tips and support.
- **Free equipment** – Livongo provides participants with a free blood sugar meter and unlimited free strips and lancets. These materials are shipped directly to you with no copay or coinsurance. Refills can be ordered directly from your meter – and delivered right to your door.
- **Expert support from coaches when you need it** – Receive 24/7 support from certified diabetes educators on your terms – via phone, text, or mobile app. Discuss anything from nutrition to lifestyle.



**Registration is available at join.livongo.com/BLUEKC/register.
Additional information will be sent to eligible members.**

LIFESTYLE RESOURCES:

In addition to these diabetes prevention and management programs, the City offers a number of resources to help you maintain a healthy lifestyle.



Fountain of Health and Wellness Program

Fountain of Health Wellness Program offers extensive programming throughout the year, directly and indirectly related to diabetes prevention and/or control. Offerings include YMCA Prediabetes Prevention program, Saint Luke’s Diabetes Management Education Programs, one-on-one nutrition counseling with a Registered Dietician, onsite nutrition classes, group exercise classes, fitness consultations, Choose to Lose (Weight Management Program), biometric screenings and health risk assessments, face-to-face coaching, and much more.



Kansas City Parks and Recreation – Get Fit and Save:

City employees and retirees are eligible for discounted all-access individual annual passes good at all ten Kansas City Parks and Recreation Community Centers. The employee rate is \$120 per year, or \$10 per month (Regular adult rate is \$300 per year, \$200 for seniors). Offerings include fitness centers, open gym, public ice skating, open swimming, swim lessons, and group fitness classes. The employee rate can be used for employees and one person in their household (at the same address). Sign up at any community center.

Face-to-Face Lifestyle Coaching

Take Steps to Your Positive Change!

Let trained Blue KC Coach Kyle Hodges help you reach optimal health and well-being by providing a customized plan for support, resources and personal assistance. Areas of expertise include healthy eating, physical activity, and weight loss – all of which are factors in diabetes prevention and management. There’s no cost for Blue KC members. Contact Matthew.Hodges@BlueKC.com.



City of Kansas City, MO
 Attn: Laurie Abbott
 414 E. 12th St.
 Kansas City, MO 64106

PRESRT STD
 U.S. POSTAGE PAID
 PERMIT 323
 KANSAS CITY, MO

ADDRESS SERVICE REQUESTED

FREE

The KC Employee Clinic and Medical Kiosk are FREE to employees, retirees and their families participating in a Blue Cross Blue Shield plan with the City. That's right—
NO copay,
NO deductible.

Stay healthy

KANSAS CITY HEALTH CARE TRUST
 EMPLOYEE CLINIC + MEDICAL KIOSK

HOURS OF OPERATION

EMPLOYEE CLINIC

Monday-Friday:

7:30 a.m.-1:30 p.m. and 2:30-4 p.m.

Saturday:

9 a.m.-1 p.m.

MEDICAL KIOSK

Monday-Friday:

8 a.m.-1 p.m. and 2-5 p.m.

No copay.
 No deductible.
 Walk-ins welcome.

Employee Clinic
 816-513-6001

Medical Kiosk
 816-513-8870

PRIVACY IS OUR POLICY.

Whether you are a patient at the Kansas City Health Care Trust Employee Clinic or at the Medical Kiosk, **the City of Kansas City is committed to your privacy.** The City pledges that all interactions, services and medical records at the Clinic or Kiosk will be held in strict confidence. Your records are maintained by Meritas Health Systems (for the Clinic) and Saint Luke's Health System (for the Kiosk). Record-keeping at both health care facilities follows the most stringent and well-documented security standards, as well as the standards of the Health Insurance Portability and Accountability Act (HIPAA). No one at the City will have access to your personal health records. **Guaranteed.**