



"[Using the MedApps System] we are **intervening much earlier** in the process and **avoiding unnecessary ER visits and hospitalizations**. Our trend in **lowering expenditures** is very favorable."

– **Paula Suter, RN, MA**,  
Director of the Center of Excellence  
for Chronic Care, Baptist Home  
Health Network



## Monitoring Diabetes in the Workplace with the MedApps System



Baptist Health is the fifth-largest employer in Arkansas, with an employee population of over 7,000. Like many self-insured health care systems, Baptist Health always looks for ways to improve expenditures while maintaining the health and productivity of their employees.

"We provided an employee wellness program," said Paula Suter, RN, MA, Director of the Center of Excellence for Chronic Care at Baptist Health. "But as a self-insured organization that places a high priority on a healthy workforce, we saw opportunities to do even more."

One way to do "more" was by implementing a pilot program using the MedApps **HealthPAL** to help decrease disease-related ER visits and hospitalizations and improve patient outcomes, while lowering related costs. The program's initial focus was on monitoring voluntary participant employees with diabetes. Employees were chosen who were experiencing difficulty with their disease management and considered at risk for future healthcare utilization.

After just 6 to 12 months of using the MedApps System, the IRB program found positive results including **increased self-management behaviors for glucose medical compliance by 53 percent** and **decreased lipids and blood pressure trends**. The results of the program were favorable, as **patient satisfaction with the system** was rated as **"extremely satisfied"** and additional participant monitoring options were made available to patients under investigational review for medical compliance. The program was also expanded to include patients with various chronic conditions.

Debbi Sears, Certified Diabetes Educator at Baptist Home Health Network, agrees. **"I prefer HealthPAL as our 'go-to' telehealth device** because of its mobility, ease-of-use and reliability. **It's a device that I know our patients can count on."**



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