GOAL
To help people with diabetes stay healthy and working.
Using various interventions, the demonstration will work to identify more effective ways of preventing and treating diabetes.

DESIRED OUTCOMES
Research
Increased work hours
Improved quality of life
Maintain independence from SSDI/SSI

Employers
Improved productivity and presenteeism
Improved job satisfaction & morale
Reduced absenteeism
Reduced employee turnover
Lower health care costs

TARGET POPULATION
Diagnosed with diabetes or HbA1c 6.5 or greater
18 – 60 years of age
O‘ahu resident
Work at least 40 hours/month
Minimum wage or higher

GRANT INFORMATION
$9.1 M CMS funded + $6.7 M outside sources = 15.8 M total

PROGRAM INFORMATION
Total Participants: 534 (Computerized RCT)

INTERVENTION AND BENEFITS
Business As Usual—Control Group
267 Participants
• Co-pays for initial and annual physician screenings paid
• Enrollment, annual and quarterly incentives

Life Coaching—Treatment Group
267 Participants

Financial Benefits
• Co-pays for initial and annual physician screenings paid
• Co-pays for diabetes-related physician visits paid
• Co-pays for diabetes medication and supplies paid
• Enrollment and annual incentives

Core Services
• Health coaching with a pharmacist – Medication Therapy Management
• Life coaching with a life coach – use of a laptop computer, Internet, and an online coaching tool

Optional Services
• Certified Diabetes Educator
• Registered Dietician
• Fitness club membership
• Diabetes education
• Support groups

Contact: Rebecca Rude-Ozaki, Ph.D. or Patrick Yrizarry (808) 956-5096 workwell@hawaii.edu www.livehealthilyworkwell.org