



AUSTIN  
BUSINESS GROUP  
— ON HEALTH —

Welcome! The meeting will begin shortly.

*If you are joining virtually, please put your name in the chat box!*



***Healthy Horizons Panel:  
Chronic Disease Prevention  
& Management For the  
Workplace***

# *Announcements*

- Thanks for joining us today! We're HYBRID
- Virtual participants, please remain muted during the presentation
- We are now an approved SHRM recertification provider!
- Questions will be answered at the end of the presentation

## *Moderators for today's meeting include:*



Susan Thompson  
ABGOH Co-Chair



Leila Lawson  
ABGOH Co-Chair

# Agenda

## Topics Covered

- Announcements & Introductions
- A word from our sponsor
- Speakers:
  - Austin Public Health
  - CapMetro | EXOS
  - NI | Premise Health
- Questions & Answers
- Resource Spotlight
- Closing Remarks





novonordisk®



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# Novo Nordisk in the United States

Novo Nordisk is a global healthcare company with almost 100 years of innovation and leadership in diabetes care.

This heritage gives us the experience and capabilities that enable us to help people defeat other serious chronic diseases: diabetes, hemophilia, growth disorders, obesity, and cardiovascular diseases.



ESTABLISHED IN 1923  
**COPENHAGEN,  
DENMARK**



U.S. HEADQUARTERS IN  
PLAINSBORO, NJ WITH  
LOCATIONS  
**IN 7 STATES**

HELPING PEOPLE AFFORD OUR  
MEDICINES THROUGH **NOVOCARE**



EMPLOYS NEARLY  
**6,000 PEOPLE**

**\$8.6  
BILLION**  
TOTAL US SALES  
IN 2019



APPROXIMATELY  
**200,000**  
SHAREHOLDERS

**WORKING WITHIN**  
DIABETES, HEMOPHILIA,  
GROWTH DISORDERS, OBESITY,  
AND CARDIOVASCULAR DISEASES



MORE THAN 20 MEDICINES  
HELPING PATIENTS ACROSS  
4 THERAPEUTIC AREAS

**EMPLOYS**  
AROUND 860 PEOPLE  
WORKING IN R&D  
IN THE US

# NovoCare<sup>®</sup> Patient Support Program

# NovoCare<sup>®</sup>

Education + Resources

**DIABETES**

Our NovoCare<sup>®</sup> Education and Resources program is designed to help people living with diabetes and their care partners to develop a diabetes management plan that could put them on a path toward living a healthier life.

This program supports people with diabetes to find inspiration and motivation for staying active, eating healthy, and building their knowledge with education and resources from NovoCare<sup>®</sup>. Areas of focus include:

- Eating
- Moving
- Managing diabetes
- Staying on track
- Diabetes and heart health
- Social and emotional support

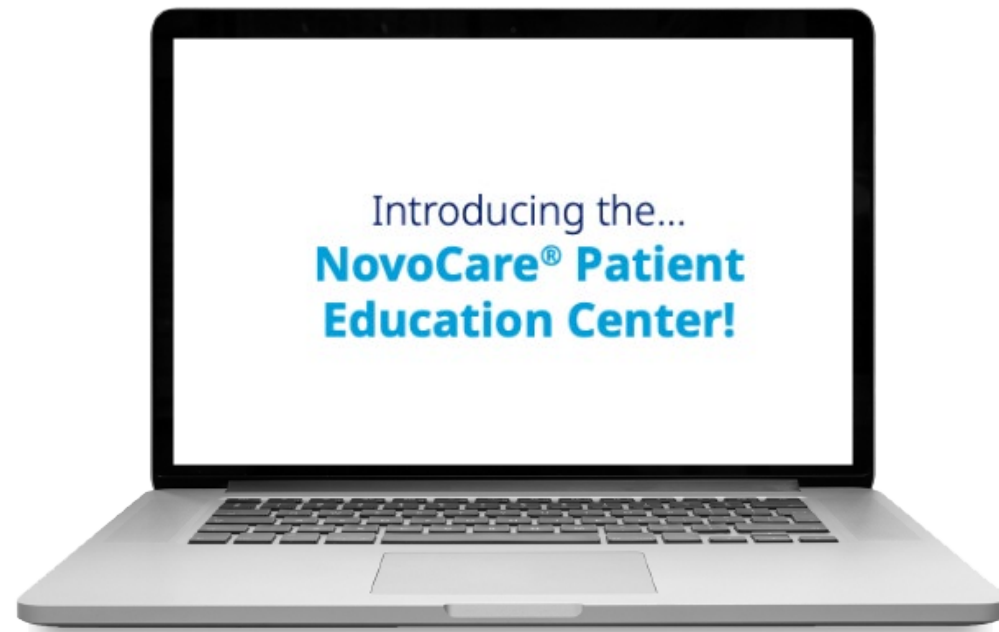
**Patients and care partners can access additional information and ongoing support by visiting [NovoCare.com](https://www.novocare.com).**





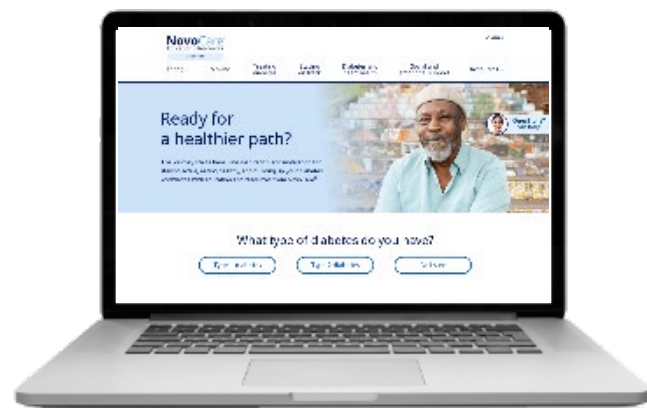
# NovoCare® Available Resources

## Patient Education Center



Just tell me what you're looking for.

SOPHIA, AI Digital Assistant



NovoCare.com



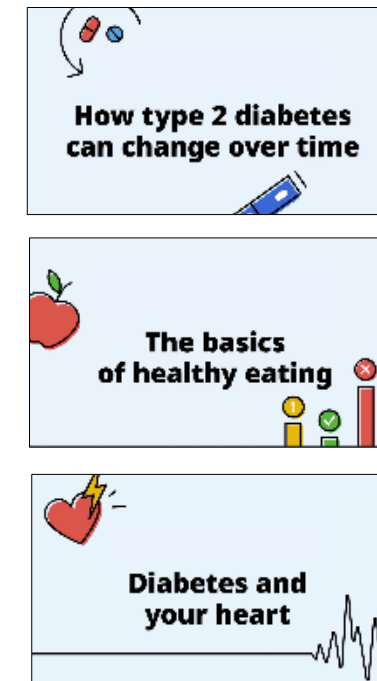
Espanol.Cornerstones4Care.com



DIABETES HEALTH COACH

Tamara, actual coach

### VIDEOS



### INFOGRAPHICS



### FACT SHEETS

Available in 13 languages:  
English, Spanish, Arabic, Chinese,  
French, Haitian Creole, Hindi, Italian,  
Korean, Portuguese, Russian,  
Tagalog, Vietnamese



### BOOKLETS

Available in English and Spanish



ADCES FAVORABLY REVIEWED

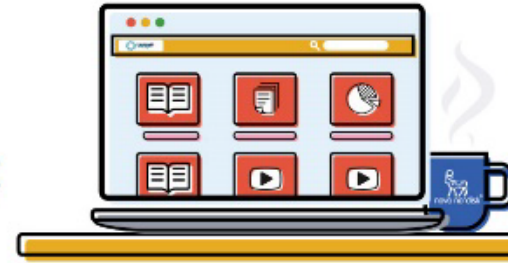


# Field leave-behind

Here are a few of the many informative and engaging resources that can be used to customize your education center!

**NovoCare**  
Education + Resources  
DIABETES

It's **easy** to create your own customizable Patient Education Center!



Your Patient Education Center is a free, one-stop shop for accessing Cornerstones4Care's growing library of diabetes content. Select from the many legacy and new Cornerstones4Care resources that have been a reliable source of current information for people living with diabetes. From booklets to videos, factsheets to infographics, there's something for everyone, in a number of languages. And did we mention that set up and updates are easy?

**If you are a new user:**

1. Go to the Education Center home page at [educationcenter.novomedlink.com](http://educationcenter.novomedlink.com)
2. Click on "Create Account"
3. Once you are logged in, click "Create Your Diabetes Patient Education Center"
4. Upload your logo and site URL, then click "Submit"
5. Select the items that you'd like to share with your members and add them to your cart



6. Receive your customized URL and share it with your members

**If you are an existing NovoMEDLINK user:**

1. Go to the Education Center home page at [educationcenter.novomedlink.com](http://educationcenter.novomedlink.com)
2. Click on "Sign In"
3. Once you are logged in, click "Create Your Diabetes Patient Education Center"
4. Upload your logo and site URL, then click "Submit"
5. Select the items that you'd like to share with your members and add them to your cart



6. Receive your customized URL and share it with your members

## Trackers:

Reviewed by ADCCS

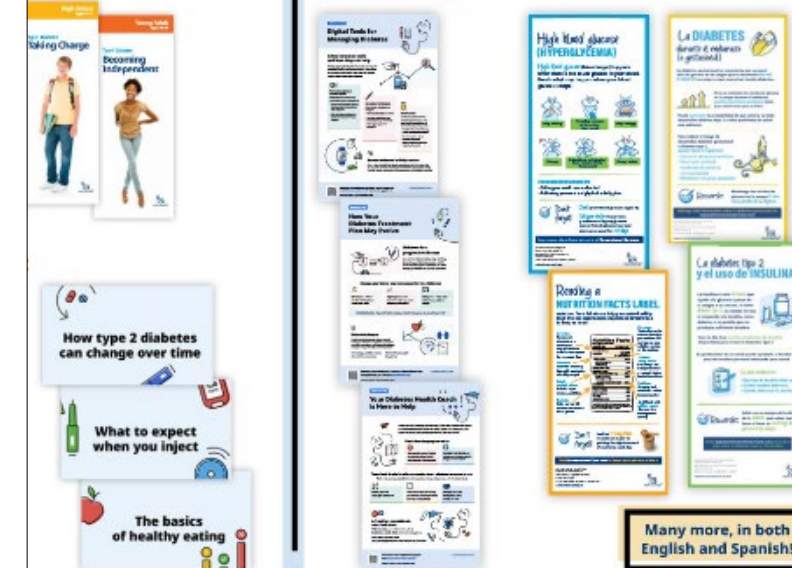


## Multi-Language Factsheets:



Many more topics and languages!

## Infographics:



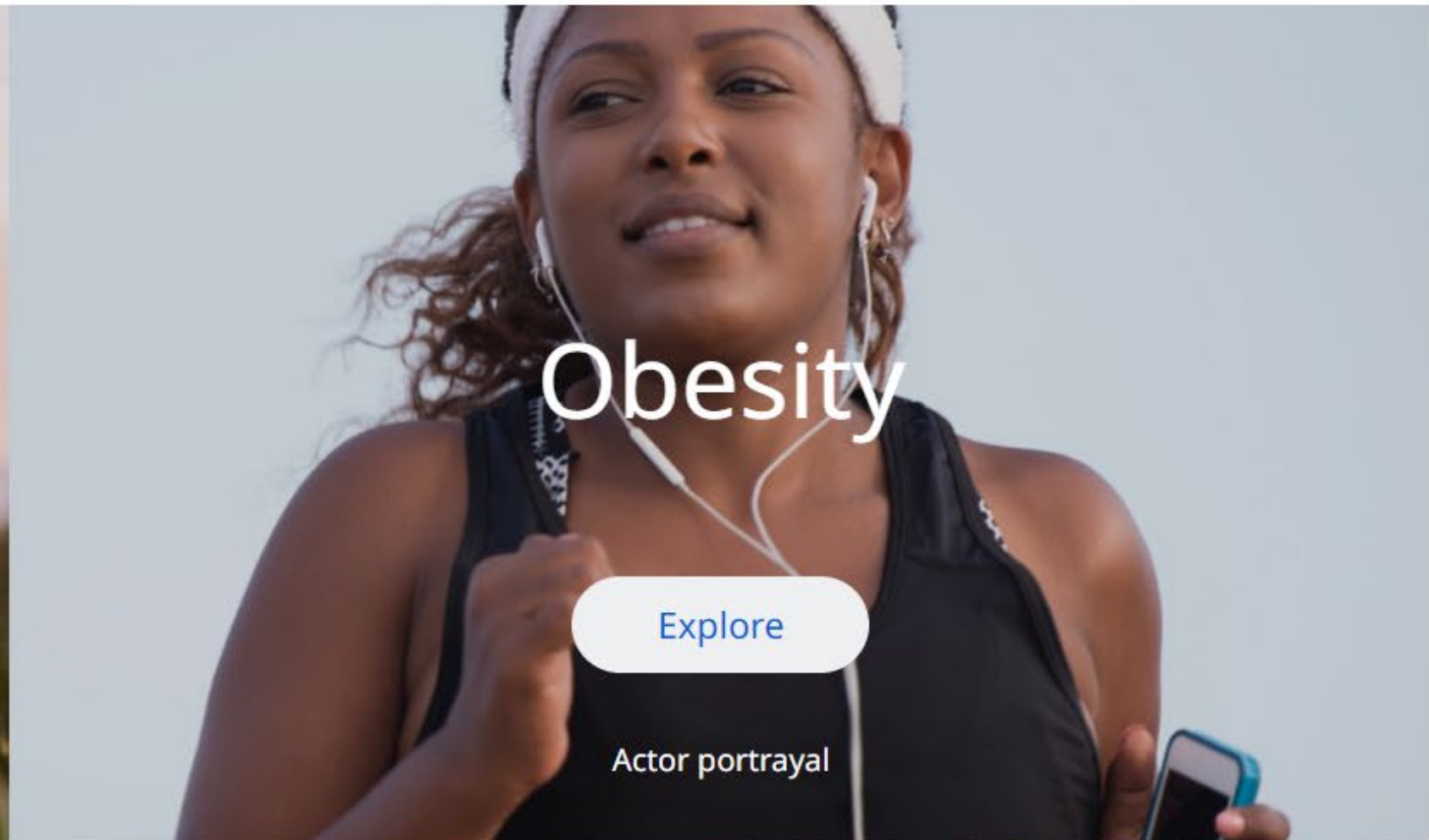
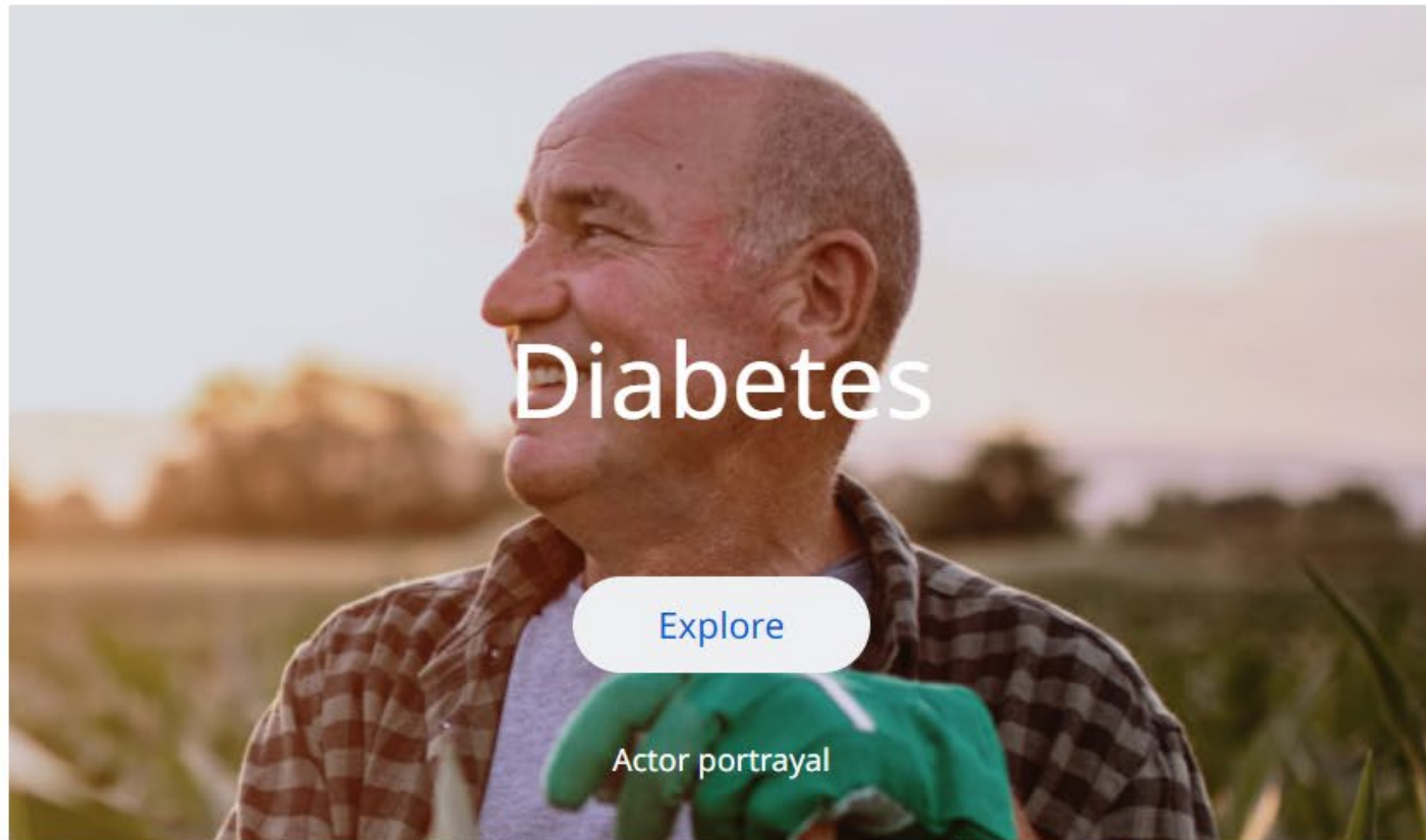
Many more, in both English and Spanish!

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Information and services for you, education and support for your patients—**across all of our therapy areas.**



# Time to Take on Obesity in Your Organization

Obesity and associated comorbidities are a prevalent and costly chronic condition that can impact the health of your employees and your organization. Novo Nordisk WORKS<sup>™</sup> recognizes the challenges in the workplace created by obesity and aims to help employers understand the value of chronic weight management. In addition, Novo Nordisk WORKS<sup>™</sup> provides resources that can help your organization improve, maintain, and monitor employee health and wellness.

Find resources to address obesity in the workplace

Employer →

Payer

Formulary Decision Makers



## IMPACT OF OBESITY

Obesity can impact your organization in more ways than you think

[Learn More](#)



## TAKING ACTION

Find ways to control healthcare costs and improve employee wellness

[Learn More](#)



## MEASURING SUCCESS

Assess the impact of your initiatives for weight management

[Learn More](#)

# Thank you for your efforts in driving change in obesity care

**Together, we are driving change for millions of people with obesity through education, advancements in obesity care, and community engagement. Novo Nordisk thanks you for your partnership.**

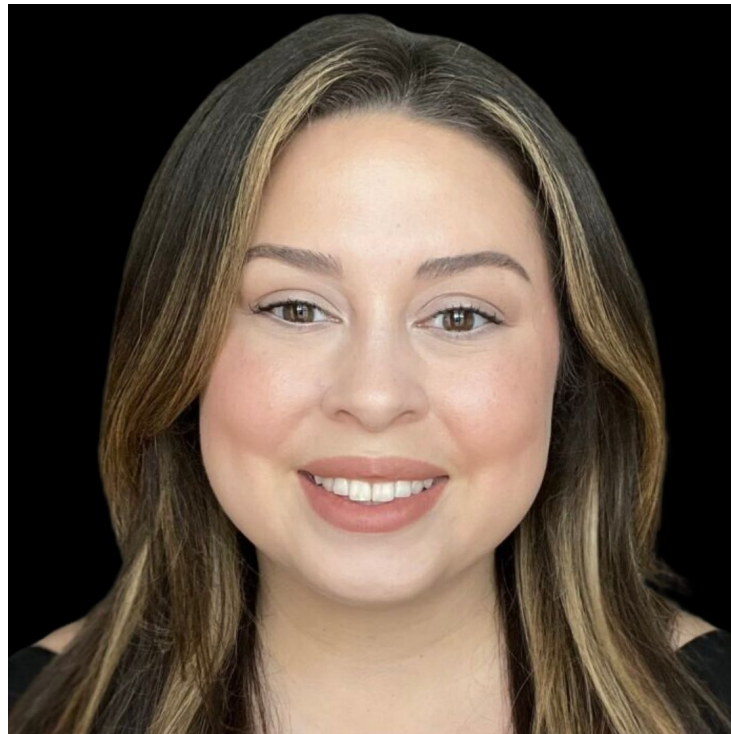
# Questions?



# Learning Objectives

- **Understand Effective Wellness Strategies** : Gain insights into successful wellness programs and strategies for preventing and managing chronic diseases in the workplace, such as obesity, diabetes, high blood pressure, and high cholesterol.
- **Implement Case Study Insights** : Learn from real -world case studies presented by the speakers and discover practical steps and methods to apply these insights to your own worksite wellness programs.
- **Foster Community Engagement:** Connect with other organizations in the Austin community to share experiences, challenges, and solutions, fostering a collaborative approach to enhancing employee health and wellbeing.
- **Identify Available Resources:** Discover various resources and tools available to support the implementation and sustainability of effective chronic disease prevention and management programs in your workplace.

# ***Please join us in welcoming our panelists***



***Jenny Fernandez, RDN***

Nutrition & Diabetes  
Program Coordinator  
Austin Public Health



***Kyle Yarkosky***

Wellness Program  
Manager  
CapMetro | EXOS



***Shelley Nelson, APRN BC***

Nurse Practitioner  
NI | Premise Health





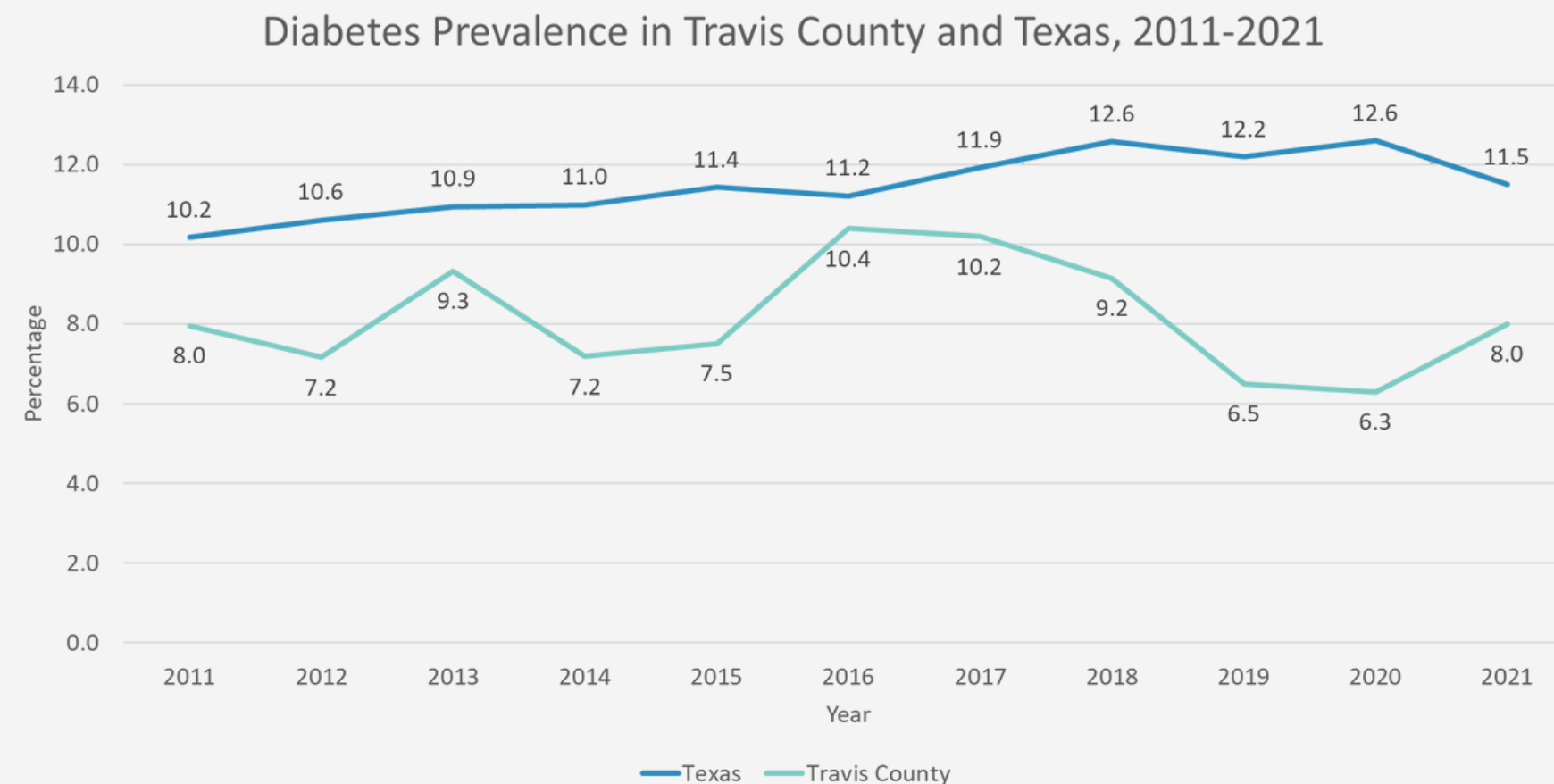
# Supporting Wellness in the Workplace: Addressing Diabetes in Austin

Jenny Fernandez, RDN

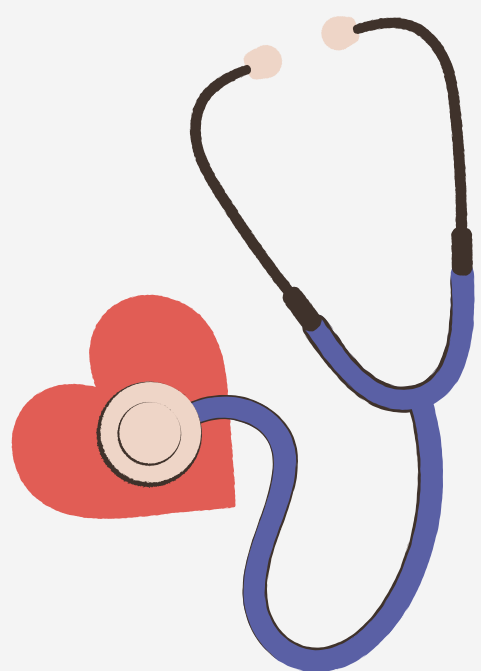


# Prevalence of Diabetes in Austin

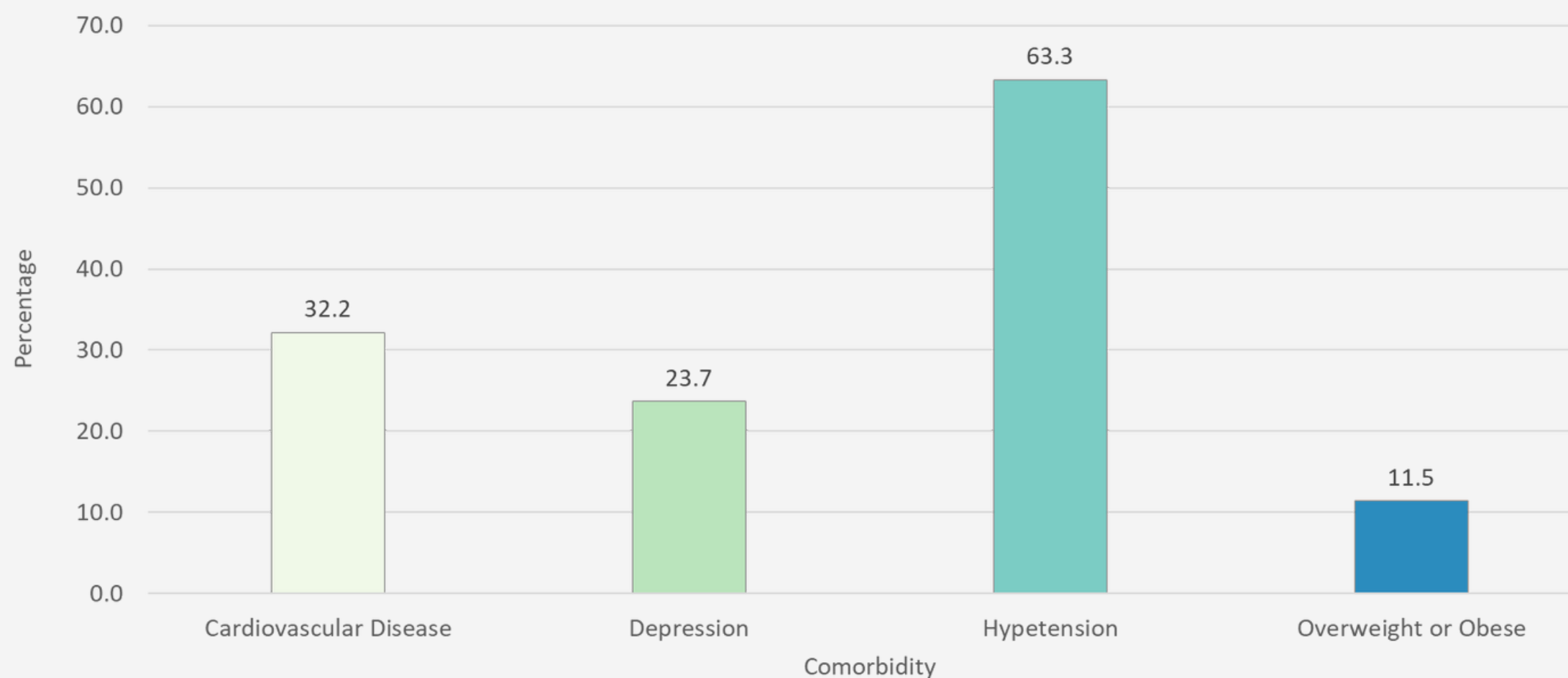
In Travis County in 2021, 8.0% of the adult population has been diagnosed with diabetes  
These values amount to over 104,000 adults with diabetes



# Comorbidities in Individuals with Diabetes



Prevalence of Comorbidities in Individuals with Diabetes, Travis County, 2017-2021



Ways to reduce the risk of  
developing diabetes



Choosing Health Promoting Foods



Physical Activity



Stress Management



Regular check ups/screenings



Smoking Cessation



Getting 7-8 hours of sleep

# Ideas to support employees in preventing chronic disease



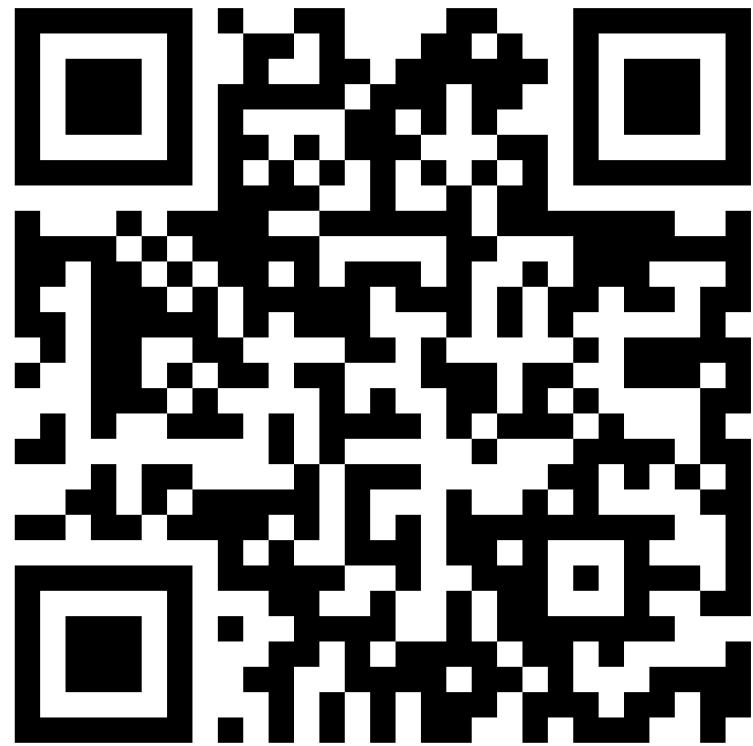
Stress Management  
Workshops

Healthy Vending  
Machines or Lunches

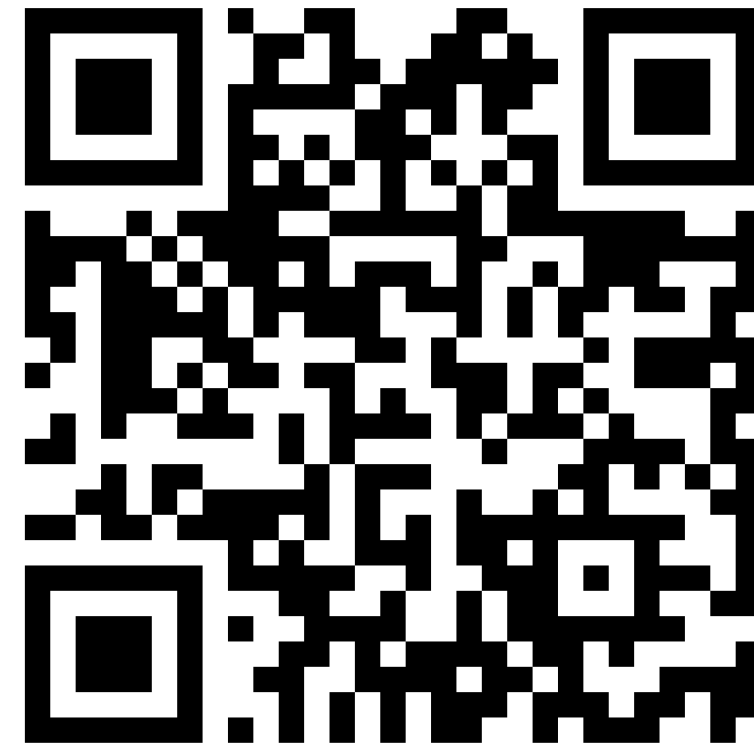
Walking  
Meetings/Activity  
Challenges

Host a Diabetes  
Awareness Day

# Free Resources



Diabetes Friendly Recipes



Diabetes Educational Handouts



Thank you!



CapMetro

Walk Across Texas

exos

# Program Overview

- Transit Employee Challenges
- Initial Idea at Rodeo
- Fostering Connections
- Any transit agency in Texas could participate
- Planning
  - 4 week challenge
  - Team of 8 walk a combined 800 miles
  - Participants could track however like

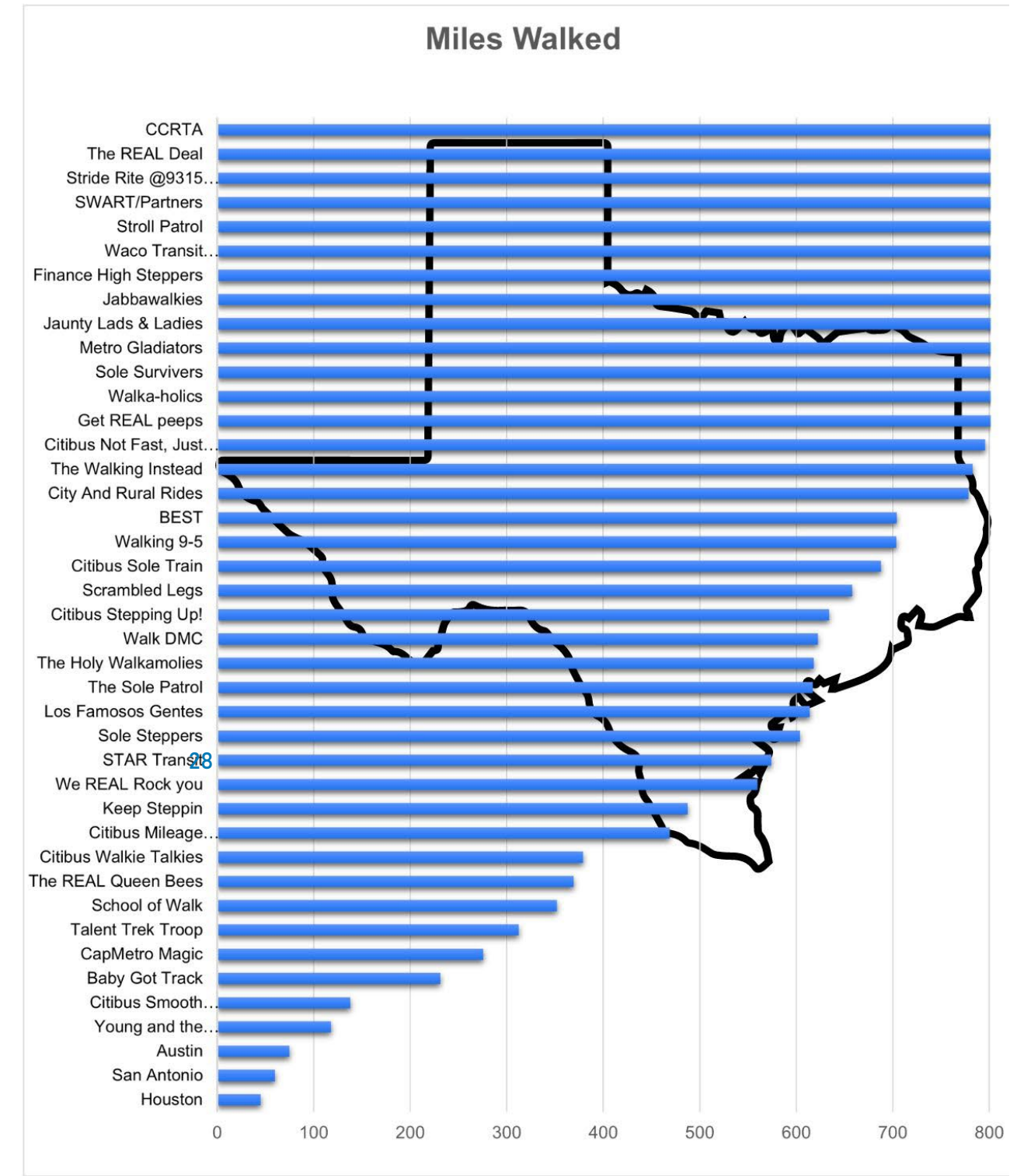


# Metrics

- 48 teams of 8 (384 participants)
- 12 Agencies
- Team Captain submits total miles each week
- Standings sent out each week, along with educational materials.
- 15 teams completed challenge. 33 completed 75% of goal.
- 26,963 total miles walked.

## Walk Across Texas

### FINAL STANDINGS



exos

# Feedback

- 89% increased their physical activity.
- 100% would do another challenge again

**“Half of our team was motivated and signed up for the Tough Mudder on Sunday”**

**“Our team really exceeded our expectations and goals!!!”**

- **Lessons Learned:**
  - Use an app to streamline tracking
  - Communication challenges
  - More data

**“It's been great seeing our organization emphasize wellness.”**

**“Keeping my A1C under 6.5”**

# Thinking Beyond the Scale

A comprehensive approach to chronic disease and weight management

Presented by:  
Shelley Nelson, APRN  
Premise Health / NI

# Health Challenges in the Workforce

## Prevalence of Chronic Conditions

- High rates of obesity, diabetes, high blood pressure, and high cholesterol among employees.
- Impact on overall health, productivity, and healthcare costs.

## Challenges in Managing Chronic Conditions

- Lack of awareness and education.
- Limited access to comprehensive wellness programs.
- Barriers to consistent and sustained lifestyle changes.

# Our Workplace Wellness Approach

Our wellness program focuses on holistic health and well-being, providing sustainable lifestyle changes rather than just weight loss. This initiative incorporates physical activity, nutrition education, mental health support, and chronic disease management.



# Program Components



## Medical

Provider: Initial visits for program enrolment, patient led goal setting, and regular follow-ups to monitor health progress and adjust interventions as needed.

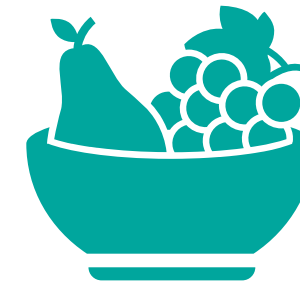
Nursing: No charge weekly follow-up visits to track progress, disease education, and promote accountability to the program and meeting goals.



## Fitness:

Tailored fitness programs designed to improve physical health and support weight management.  
Regular check-ins and fitness coaching sessions to track progress and adjust personalized fitness programs as needed.

Waived membership fee to onsite fitness center.



## Nutrition:

Personalized dietary guidance and support to help manage chronic conditions and promote healthy eating habits.

Regular check-ins to monitor progress and adjust dietary plans as needed.

Nutrition education to allow participants the ability to independently make balanced and healthy dietary choices.

# Highlighted Program Features



**Care Team:** To ensuring all components work together seamlessly regular Care Team meeting meet to discuss and collaboration among healthcare providers.



Scheduled member messaging for education and encouragement the from various disciplines.



Member commitment to enroll for a minimum of 12 weeks.

# Target Population

Program target population focuses on high-risk members such of those that have:

Uncontrolled chronic disease

Elevated BMI

Self-referral



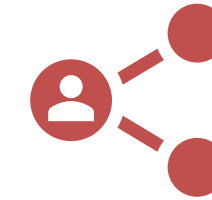
# Participant Enrollment Process



## Initial Visit:

Enrollment starts with a mandatory visit to a medical provider.

- The provider will evaluate current health, set goals, and address any medical conditions and possible limitations.
- This visit ensures a comprehensive understanding of the participant's health needs.



## Internal Referral:

**After the initial visit, all internal referral is completed.**

- This referral facilitates collaboration and scheduling with all program entities (medical, nutrition, fitness, and nursing).

# Program Promotion



## Provider Visits:

Program introduced during medical visits.  
Providers highlight benefits and encourage enrollment.



## Employer News Platforms:

Detailed program info available.  
Regular updates and success stories shared.



## Fitness Center:

Promotion through posters, flyers, and staff communication.  
Trainers highlight integrated support and encourage participation.



## Employer Health Fairs:

Interactive events to raise awareness and engage employees.

# Participant Outcomes & Success



# 16 Month Participant Outcome

Reduction in Health Metrics:

18% Average A1C Reduction

8% Average BMI Reduction

11% Improvement in Lipid Profile

Improvement in Physical Fitness Levels:

15% Increase in participant initiated physical activity

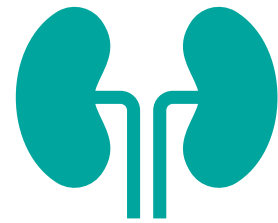
89%

Participant Satisfaction

45%

Program Completion

# Participant Program Experience

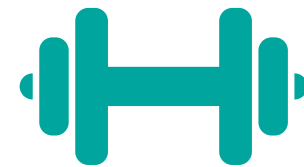


## Participant 1:

**Provider referral-**Enrolled for approximately 6 months and completed the program.

**Initial conditions:** prediabetic, elevated lipids, and obese.

**Achievements:** Lost over 20 pounds, reduced BMI, lowered and lipids and A1C decreased to a normal range.



## Participant 2:

**Self-referred-** Enrolled for 16 weeks.

**Goals:** Increased mobility and activity.

**Achievements:** Lost 12 pounds and can now walk for 20 minutes without shortness of breath.



## Participant 3:

**Feedback:** "So grateful for the encouragement and accountability. I have a better understanding of how to take care of my diabetes and heart. My spouse is also following the things I learned."



# *Questions & Answers*

- Use the chat box to share what you learned in the breakout session or to send your questions to our panelists.
- A moderator will read questions as they are submitted.



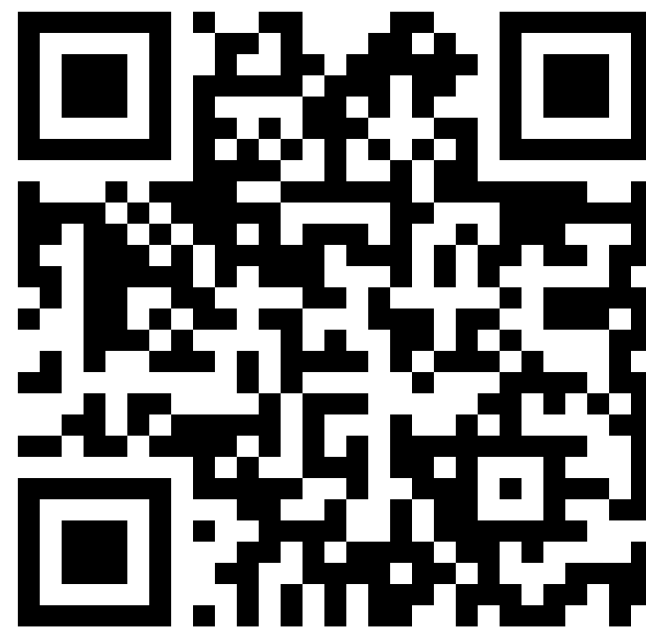
# Resource Spotlight



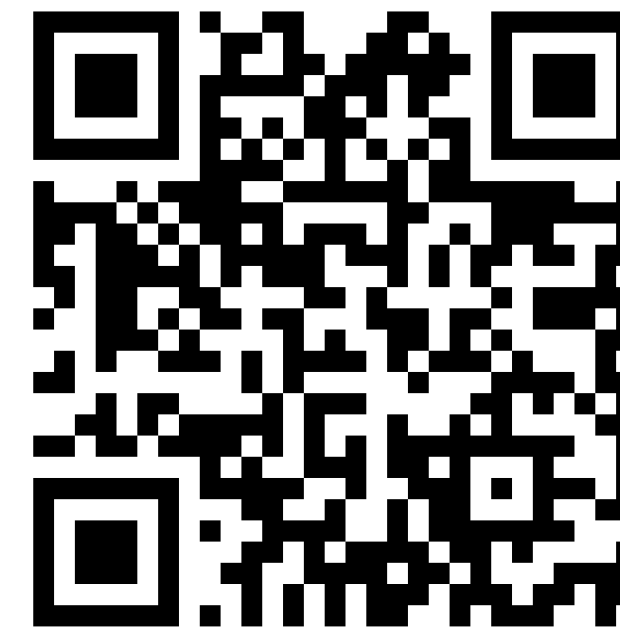
Healthy Living Classes  
– Austin Public Health



National Healthy  
Worksite Program  
Case Studies - CDC



Diabetes Friendly  
Recipes



Diabetes  
Educational Handouts

# ***Closing Announcements***



***Session Evaluation***

***\*Necessary to receive SHRM PDCs!***



***2024 Employer  
Commitment Form***

***Thank you! See you at our next meeting!***