



Security Health Plan Population Health Management Programs

Population Health Management

Leading a healthy lifestyle can have many positive effects on your mental and physical well-being. Marshfield Clinic Health System along with Security Administrative Services want to support you along your path to better health.

Diabetes

Two Health System diabetes programs will be available with no out-of-pocket costs to employees or their families with health insurance coverage with Security Administrative Services.

- The Diabetes Prevention Program is a FREE lifestyle change program for people at risk for developing Type 2 diabetes, and is based on research funded by the National Institutes of Health.
- The Diabetes Self-Management Education and Support provides participants with information, tools, and support to take control of their diabetes. Participants will receive an individual assessment by a MCHS diabetes educator who will share relevant information about diabetes management. The program focuses on personal health habits and ways to prevent, recognize and treat long-term complications.

NEW Programs and Services

We are excited to announce the addition of 5 new benefits available to eligible plan members. All of these programs are intended to provide added services and enhanced clinical outcomes while reducing your cost along with overall plan spend.

If you qualify for these services, you will be contacted by a customer service member of these organizations directly.

- Call: 877-509-1952 or 715-221-6702
 - M-F 7a.m. - 5:30p.m.
- Email: shpcsweb@securityhealth.org
- Live chat: Through [My Security Health Plan member portal](#) or via the app Mon.-Fri. 8:00 a.m. - 4:30 p.m.

- **Omada for Diabetes**— A fully integrated digital care solution that is in addition to your physician provided care to manage diabetes. This program is accredited by the Association of Diabetes Care and Education Specialists (ADCES) and provides coaching from a Certified Diabetes Care and Education Specialist, diabetes curriculum based on Diabetes Self-Management Education and Support, continuous glucose monitoring¹, Type 1 or 2 Diabetes peer group support, medication self-management and health maintenance support.
- **Omada for Diabetes Prevention/Weight Management** – A digital care platform that empowers people to achieve their health goals through sustainable lifestyle change. This is a digital CDC-recognized Diabetes Prevention Program helping participants lose weight, build strategies for healthy eating, activity, sleep, and stress management and reduce the risk of developing type 2 diabetes and cardiovascular disease.
- **Inspira Health**— provides holistic approach to partner with individuals who have multiple chronic conditions to transform their health by building a highly personalized plan supporting emotional, physical, financial, and mental health needs.
- **Freespira** – is an at home medication-free digital therapeutic breathing solution to help reduce or eliminate symptoms of panic attacks and PTSD
- **Rx Saving Solutions (RxSS)** – provides personalized member engagement with insight on how to best maximize prescription benefits; ultimately with the goal to reduce out of pocket costs for employees and reduce plan spend.

¹(CGM Available for eligible participants with valid prescription and compatible smartphone)