

Covenant HealthCare puts diabetes on a path to remission for employees and dependents

1 year clinical outcomes from DayTwo's precision nutrition solution



▼ **1.3**
REDUCTION IN A1C



▲ **25%**
TIME IN RANGE
OF TIME SPENT >180 MG/DL



▼ **20 lbs**
REDUCTION IN WEIGHT

What You'll Learn

- How DayTwo's solution combines gut microbiome profiling, machine learning, behavioral coaching and a digital app to put [metabolic disease into remission](#)
- The importance of [Time in Range](#) as a measurement of [metabolic diseases](#)
- How [Food Prescriptions™](#) increase energy, reduce stress, reduce hunger and lower weight
- How [dedicated, personal and expert support in coordination with PCPs and clinical specialists](#) achieves sustainable health outcomes

About Covenant Healthcare & Covenant Medical Group

#1

Largest, most comprehensive healthcare system in the Great Lakes Bay Region

7

Community Hospitals

20

Inpatient and outpatient facilities

4,400

Employees

90,000

Emergency visits per year



ERIK FIELBRANDT
Head of Total Rewards
Covenant Healthcare

“The clinical outcomes were phenomenal. I’ll be honest, I was amazed! We saw one particular member’s A1C drop from 11.0 to 6.3, that’s a drop of almost 5.”

Innovation For Non-Profit Benefits

Covenant HealthCare’s mission is to deliver extraordinary care across generations and specialties in the Great Lakes Bay Region. As part of its mission, Covenant HealthCare aims to care for employees so they in turn can provide best-in-class care for their community.

From moms-to-be to babies to great-grandfathers, by working together for a healthier community, they believe in building a better tomorrow for generations to come. Covenant HealthCare has made it their goal to protect employees, since they know it’s their employees goal to protect their patients and provide the very best care that goes beyond simply outstanding medical services.

Employees at the hospital must maintain high levels of energy, ensure they get efficient sleep and keep unnecessary and disruptive food cravings at bay. Eric Fielbrandt, Head of Total Rewards for Covenant HealthCare was looking for an innovative way to impact metabolic disease amongst employees and patient members, knowing the disease affects 1 in 2 adults in the US. With resulting symptoms like low energy, a lack of clear thoughts and even clinical depression he knew it was potentially holding his team back from living a full life and showing up at their best to do meaningful, purpose-driven work.

As a non-profit, Covenant HealthCare is proud to provide a flexible benefit program for all employees that enables them to select benefits that will suit their unique personal and professional needs. The total rewards program team strives to innovate in all areas across health, welfare, wellness, retirement, base pay, incentives, and other lifestyle rewards. DayTwo was compelled to offer a pilot program which could slot into the total rewards program’s holistic portfolio approach and deliver results within 12 weeks.

Rx Impact

▼ 34%

Reduction in Medications

- Metformin (Biguanide)
- Glipizide (Sulfonylurea)
- Jardiance (DPP-4)
- Victoza (GLP-1)
- Lantus (Long Acting Insulin)
- Toujeo (Long Acting Insulin)

For Covenant HealthCare’s benefits leadership team, DayTwo presented its gut microbiome-based Food Prescriptions™, in conjunction with its scientifically-based machine learning algorithms, to achieve a path to remission for diabetes and prediabetes. They were impressed with both DayTwo’s scientific rigor and sustained clinical outcomes plus the at-risk fees made it easy to green light for implementation. The other diabetes solutions Covenant HealthCare had considered either focused solely on condition monitoring or offered generalized, carbohydrate restrictive (e.g. “Keto”) diets, requiring people to change their lifestyles.

Proving The Science Of Nutrition

Covenant HealthCare engaged with DayTwo to implement its precision nutrition program on a subset of its 463 employees with diabetes. DayTwo's enrollment best practices generated a [10x] over-subscription to the program. DayTwo's "yes to food" approach, in which participants can eat the foods they love without the typical carbohydrate restrictions, made it an instant success.

DayTwo's science is based on 10 years of research culminating in two landmark Randomized Controlled Trials published in Cell in 2015 and in JAMA in 2019, clinically proving that people respond differently to the same food. This paved the way for DayTwo's proprietary Food Prescription™, which provides hyper-personalized food recommendations, via high resolution, gut microbiome profiling and machine learning predictive algorithms to create an actionable precision nutrition program.

Each member is partnered with a DayTwo Certified Diabetes Care and Education Specialists (CDCES) or Registered Dietitian Nutritionist (RDN) through telehealth. Together they create a Food Prescription™ that meets the members' cultural food preferences and personal nutritional goals with the results of their High Resolution Gut Microbiome Profile.

Members stay in continuous contact via email, video chat, phone and text with their personal and dedicated CDCES or RDN and receive real time feedback on their progress via a Continuous Glucose Monitor during the early phase of the program. Members also are supported by a digital app, which has over 1 million foods, grocery items and restaurant menus.

The total rewards team appreciated DayTwo's turn key solution, which made it especially easy to implement with enrollment marketing and support for clinical team members built-in.

After one year, members of the program reduced A1C by an average of 1.3, improved blood sugar Time In Range by 25%, and reduced weight by an average of 20 lbs. Members also realized an increase of energy by 64%, an increase in sleep quality by 44% and a reduction in stress by 36%.

1 Year Results

20 lbs

AVERAGE REDUCTION OF **WEIGHT**

64%

INCREASE IN **ENERGY**

44%

INCREASE IN **SLEEP QUALITY**

36%

REDUCTION IN **STRESS**

DayTwo's "yes to food" approach, in which participants can eat the foods they love without the typical carbohydrate restrictions, made it an instant success.

The Results

▼ **1.3**
A1C REDUCTION

▲ **25%**
TIME IN RANGE
OF TIME SPENT >180 MG/DL

▼ **20**lbs
WEIGHT LOSS

▲ **88%**
ENGAGEMENT

▲ **64%**
ENERGY

▲ **44%**
SLEEP QUALITY

▼ **36%**
STRESS

▲ **95**
NET PROMOTER
SCORE (NPS)

“ Before this program, I was deeply frustrated and simply used to ask my doctor for more meds. **Now I have a personal dietitian, who I see more as a mentor, and I can honestly say she became a friend.** I still get a little emotional sometimes about this journey. ”



PATRICK WISNIEWSKI
Program Member
A1C reduced from 11.0 to 6.3



FOR MORE INFORMATION, CONTACT:

DayTwoSolutions@DayTwo.com
(888) 730-3885

www.daytwo.com

© 2021 DayTwo. All rights reserved.