

Case Study



Disease Management

Healthways' first international operation started in 2007 and supported over 40,000 program participants across Germany with chronic diseases.

Hospital admissions are the source of significant health care expenses, although a large proportion of these admissions can be avoided through proper management of chronic disease.

The study "*The Impact of a Proactive Chronic Care Management Program on Hospital Admission Rates in a German Health Insurance Society*" shows that the program was effective at helping health plan members better manage their chronic conditions to avoid inpatient hospital admissions.



[Healthways.com/international](https://www.healthways.com/international)

Facts & Figures

- ▶ Over 40,000 program participants
- ▶ The admission rate in the Intervention group decreased by 6.2 % compared with a 14.9 % increase in the Comparison group.
- ▶ Intervention group admissions decreased as the number of calls increased, indicating a dose-response relationship.
- ▶ Find out how we improve health and Well-Being to generate economic value for you.