

# TargetCare Case Study

Trucking Client

## Industry

Trucking

## Population

Truck Drivers, Doc and Loading Crew, Internal Support Staff

## Size

First clinic roll-out 950 employees, currently adding additional 700 employees at a separate location

## Trending Industry Challenges Pertaining to Healthcare

High turnover, high claims, low engagement

## Background

- Partnership began in November of 2017
- Started with Clinical Health Assessments (CHA) at work site
- Delivery of chronic disease summary report to each employee at prescheduled one-on-one follow up consults
- Consults take place at the work site and/or telephonically with a TargetCare provider
- For ongoing intervention, an onsite clinic and health coaching program was established at the work site
- Data is evaluated on an aggregate level to provide a comparison (from one year to the next) of overall risk reductions and health measurement improvements

## BIOMETRIC HIGHLIGHTS

**73%**

73% of participants with high LDL levels decreased their LDL Cholesterol.

**65%**

65% of participants with high glucose levels decreased their glucose.

**63%**

63% of participants decreased their blood pressure.

**49%**

49% of participants decreased their weight

## RESULTS

**52%**

52% of employees lowered their overall risk score from 2017 to 2018

**2.5:1**

This client reported an annual VOI of 2.5:1

## Areas of overall value and savings include

Risk reduction, office visits (primary care or specialty), lost work time associated with office visit, lab costs, absenteeism, presenteeism

