

Blossom™ from Johns Hopkins Medicine:

For diabetes management

Keeping your employees engaged on the path to better health



\$20.4
Billion Annually

Lost productivity in the form of **unplanned absenteeism** due to diabetes management costs employers an extra **\$20.4 billion annually**.¹



58 Million Days

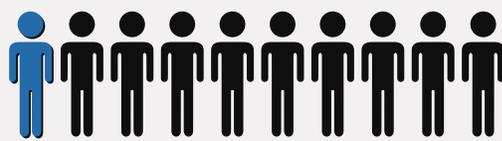
Employees with diabetes miss an average of **5.5 extra workdays** per year. This amounts to nearly **58 million additional days** of unplanned missed work.¹

Helping your employees manage their health isn't always easy. Especially when they're learning how to live with a recent diabetes diagnosis. There's a lot to think about. They need to make sure to maintain a balanced diet, exercise regularly and take the right medications at the right time. With additional work and family commitments to worry about, it doesn't take much to get overwhelmed and lose track.

Blossom is ready to help.

Developed by Johns Hopkins clinicians with expertise in chronic condition management and behavior change, **Blossom is a dependable guide to diabetes management and healthy lifestyle adjustments.**

Help your employees stay on the path to better physical health with Blossom – an engagement tool that can help **increase employee productivity** by providing the support needed to **simplify the management of their overall well-being.**



1 in 10 adults have **diabetes**²

20% are **unaware**

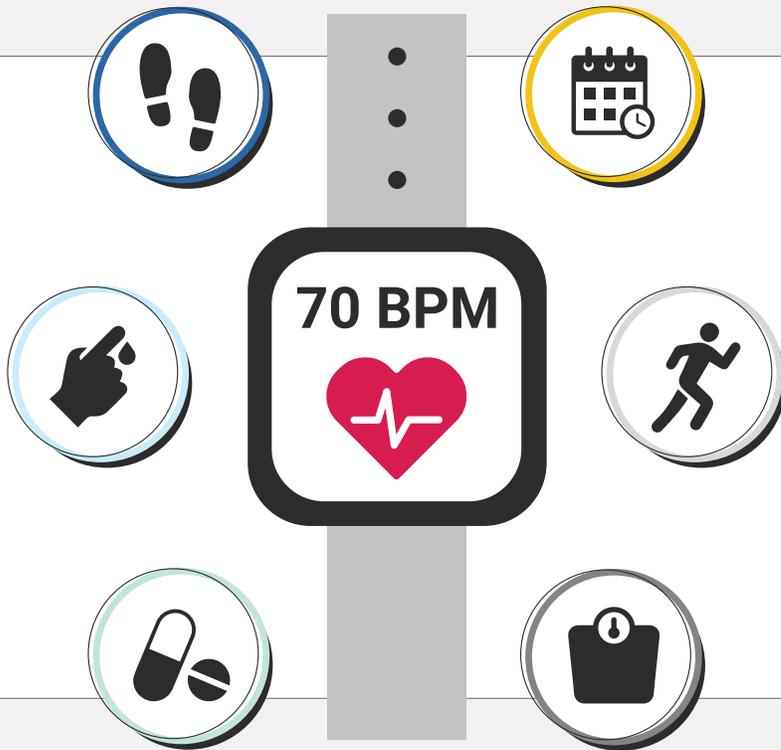
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Assessing & Understanding Needs

More than 1 in 10 US adults have diabetes but 20% are unaware of their condition.² Though signs of diabetes can begin to show early, it may take a person a while to recognize the symptoms. They may struggle with fatigue, vision changes or other impacts to their general wellness.

Our research-based **lifestyle questionnaires** help your employees **assess their needs** and identify stressors or behaviors that might be preventing them from taking the best possible care of themselves. Access to Blossom's **educational content** ensures employees **stay updated on the information they need** to live the healthier lifestyle they want.



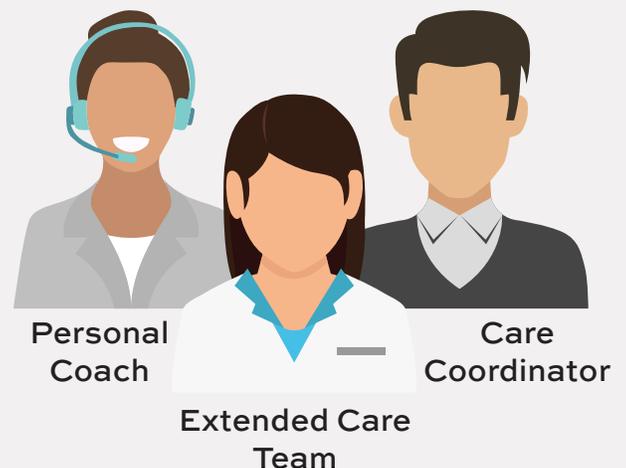
Streamlining Health Management

Blossom has everything your employees need to stay organized, all in one place. Employees can track weight, food, sleep and activity and connect to apps – all in one seamless solution. They can enter data manually, or connect a glucometer or Fitbit®.

With Blossom, a team of program-trained experts help your employees stay on the right path to health.

Support by a Care Team

A Personal Coach to answer employees' questions when they need support. A Care Coordinator to assist them with accessing the right information, finding the right providers and connecting to an Extended Care Team of nutritionists, pharmacists, mental health providers and physical therapists. And, since every bit of support makes a difference, family and friends will be able to log on to help with accountability, motivation and encouragement.



Prioritize Your Employees

Through comprehensive knowledge questionnaires, individualized educational content, streamlined biometrics, data tracking, behavior change, self-management techniques and identification of social circles for moral support, Blossom gives your employees what they need to simplify the management of their health.

Prioritize Physical Health

Self-care, education and support have been scientifically proven to help people with diabetes lower the risk of complications and improve health outcomes.³

Blossom adapts to the needs and preferences of your employees.

It helps them **take charge of their health** – so they can **take charge of their lives**.



Johns Hopkins HealthCare Solutions

The Johns Hopkins HealthCare Solutions team utilizes Johns Hopkins science and clinical expertise to develop solutions that improve population health outcomes for both local and global populations. Working with a variety of organizations—including employers, health plans and provider organizations—we distill data, share insights and implement interventions to influence changes in individuals' health behaviors, millions of people at a time.

We take a whole-person approach to health management, evaluating both the physical and behavioral health needs of a population with a focus on managing chronic illness.

Our programs include interactive questionnaires, educational content, personalized support and access to a care team. For each unique health care solution that we design for you, the goal is the same: better health outcomes and improved population health.

To learn more about Blossom and Johns Hopkins HealthCare Solutions' other programs designed to keep your workforce healthy:



Visit:

www.johnshopkinssolutions.com/blossom



Email:

blossom@johnshopkinssolutions.com

¹ <https://news.gallup.com/poll/221078/diabetes-costs-economy-estimated-266b-annually.aspx>

² <https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

³ <https://www.cdc.gov/diabetes>