

Evidence-based behavior change and lifestyle program, supported by expert coaches.



One of the most effective ways to **improve health outcomes and reduce health care costs** is to help people with chronic conditions like diabetes better manage their health.

Now, employers, health plans and health care providers can offer Blossom—a diabetes management program from Johns Hopkins Medicine. Blossom combines biometric tracking technology from Glooko® and personalized skill building with expert support from coaches, to **help people with any type of diabetes optimize their care and build a healthier lifestyle.**

What is Blossom?



Blossom is an evidence-based behavior and lifestyle change program, supported by expert coaches.



Trained coaches provide direct, individualized support, whether you have type 1, type 2 or gestational diabetes.



Blossom effortlessly syncs data from over 95% of all diabetes devices, so there is no need to purchase new technology.

We Meet People Where They Are

- » **Personalized support** for people needing to track their health and manage their diabetes better.
- » **Broad spectrum** integration of devices and apps—BGM, CGM, scale, insulin pen, BP cuff, Glooko, Fitbit®, Apple® HealthKit®, Google Fit™ and more—allows Blossom to support everyone's needs.
- » **Seamless health tracking** with the integration of the Glooko app, so participants can use and connect to whatever device they choose.

Personalized, Inclusive Pathways

- » **Flexible goal setting** allows participants to determine and achieve personal goals. Tailored pathways allow for unique needs.
- » **Social support** capabilities allow friends and family members to follow along and encourage participants.
- » **Coach-supported coordination** enables participants to take advantage of all their available benefits.

Strengthening the Patient-Clinician Bond & Continuity of Care

- » **EMR integration** allows care coordination between clinicians and Blossom coaches.
- » **Quality oversight** from Johns Hopkins faculty supports best-in-class care protocols delivered by our coaches.

The Blossom Journey

For individuals living with any type of diabetes, Blossom is designed to build and sustain healthy, long-lasting lifestyle habits no matter where they are on their journey.



BLOSSOM + *glooko*[®]

Research shows that people who have tracked their health using Glooko for six months have seen a notable reduction in HbA1c¹, translating into significant health care cost reductions². Blossom's clinically-proven behavior change protocols combined with Glooko's outcomes-producing health tracking will help:

Empower users to take control of their diabetes in between visits to their doctor



Improve care coordination



Lead to improved outcomes and reduced cost of care



To learn more about Blossom and other programs from Johns Hopkins HealthCare Solutions, visit www.johnshopkinssolutions.com/blossom or email blossom@johnshopkinssolutions.com

¹<https://pubmed.ncbi.nlm.nih.gov/32643451/>

²<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8256072/>