On+Goal

Better Outcomes. Lower Costs.

What Four Years of Claims Data Reveal About Personalized Disease Management



The Challenge:
Disease management remains one of the leading drivers of employer healthcare spending. Despite investments in medications, monitoring tools, and disease management programs, many members struggle with medication adherence, consistent glucose control, and ongoing engagement in their care. The result is increased hospitalizations, preventable complications, and rising medical and pharmacy costs.

The Data:
A comprehensive review of employer medical claims data found that members actively engaged in the On+Goal program consistently achieved better outcomes and lower healthcare costs compared to non-engaged members.

ENGAGED MEMBERS 2021 - 2024

47%
Overall Reduction in Per Member Per Month Spending

50%
Reduction in Per Member Per Month
INSTITUTIONAL COST

37%
Reduction in Per Member Per Month
PROFESSIONAL COST

42%
Reduction in Individual Average Claim Cost

Institutional claims are submitted by healthcare facilities rather than individual providers. They cover the services, equipment, and resources used by patients during their care at a facility. Professional claims are claims submitted by individual healthcare providers for the services they personally deliver to patients. These could be physicians, specialists, nurse practitioners, or therapists.

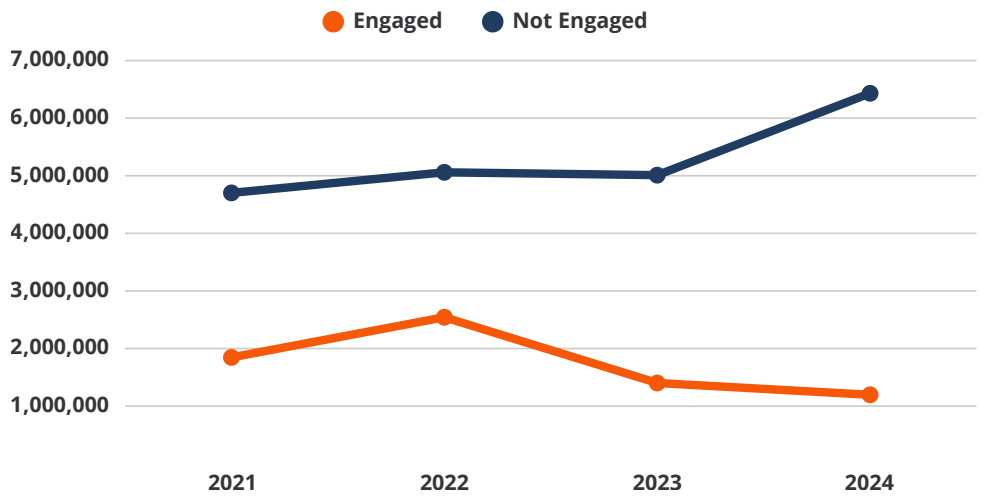
KEY TAKEAWAY: By keeping members engaged and proactively managing their diabetes, On+Goal is driving meaningful reductions in high-cost institutional claims and total healthcare spend.

Engagement Matters

Engagement is the single most important predictor of successful disease management.

Overall Claims Paid Trends (All Members)

Total Claims Paid (in Millions)



Total claims paid increased from $6.5M in 2021 to a peak of $7.6M in 2024, reflecting the rising complexity and cost of disease management care.

In 2024, we see a meaningful decline in total claims paid for engaged members down by 35% from 2021 by providing improved management, engagement and proactive care.

Summary:
The data demonstrates that engagement is one of the strongest predictors of successful disease management. Members who receive personalized coaching, medication support, and continuous monitoring are more likely to adhere to treatment plans, avoid costly complications, and achieve better long-term health outcomes.

The Solution:
On+Goal addresses the root causes of disease-related costs through a whole-person approach to disease management, addressing every key area that drives better health and lower costs.

- Personalized Health Coaching
- Medication Optimization and Adherence Support
- Continuous Glucose Monitoring Support
- Ongoing Clinical Oversight and Outreach
- Integrated Pharmacy & Medical Management

By helping members stay engaged between physician visits, On+Goal promotes better disease management, earlier intervention, and reduced risk of costly complications.

Learn how On+Goal can help your organization drive better outcomes and lower healthcare costs.

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