

POTENTIAL IMPACT OF PCORI-FUNDED STUDY RESULTS

## Self-Monitoring of Blood Glucose for People with Type 2 Diabetes Who Don't Use Insulin

### WHAT'S THE ISSUE?

Many people with type 2 diabetes who are not on insulin use diet, exercise, and medicine to manage their blood sugar levels. They may also use daily finger sticks to measure their blood sugar levels with personal monitors. But such daily monitoring can be inconvenient and painful, supplies can be costly, and the health benefits have been unclear.

### WHAT DID THE PCORI-FUNDED STUDY FIND?

A PCORI-funded study found no significant differences after one year in hemoglobin A1c, a measure of blood sugar control, or in health-related quality of life between patients who did and did not test their blood sugar daily.

### GAUGING THE POTENTIAL IMPACT OF THE RESULTS

Our simulation model looked at the potential national effect on the amount of testing and on healthcare costs if patients with type 2 diabetes who are not taking insulin stopped testing their blood sugar daily. The model used U.S. Centers for Disease Control and Prevention estimates of a population of 7.1 million people aged 30 and older in the United States who perform an average of 5.4 self-tests per week.

### POTENTIAL CHANGES IN TESTING AND COSTS

Over five years, if all eligible patients stopped testing their blood sugar daily, the result could be 10 billion fewer blood glucose tests—and finger sticks. Test strips cost an average of \$325 per person per year in this population. So, avoiding daily testing could save \$2.3 billion per year, or \$11.6 billion over 5 years.

### R E S U L T

The study found **no significant differences** after one year in hemoglobin A1c levels between patients who did and did not test their blood sugar daily

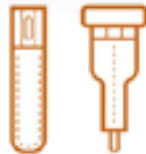
Could affect more than **7 MILLION ADULTS**

### ESTIMATED IMPACT OF STOPPING DAILY MONITORING

Over five years



**10 BILLION**  
finger sticks  
avoided



**10 BILLION**  
test strips  
not used



**\$1,630**  
saved per patient  
in testing  
supplies



**\$11.6 BILLION**  
saved in  
healthcare costs

### REFERENCE

Young LA, Buse JB, Weaver MA, et al. Glucose Self-monitoring in Non-Insulin-Treated Patients With Type 2 Diabetes in Primary Care Settings. *JAMA Intern Med.* 2017;177(7):920.

Analyses carried out by Salutis Consulting, LLC