



Press release

Innovation fund project TeLiPro starts

Telemedical coaching helps diabetes patients change their lifestyle

Düsseldorf, Germany, February 2, 2018 – Providing individualized support to people who suffer from diabetes, helping them to adopt a healthy lifestyle, and making them into experts on their own healthcare: these are the goals of the innovation fund project TeLiPro (Telemedical Lifestyle Intervention Program for Type 2 Diabetes Patients). Patient-oriented health coaching by telephone forms the core of the program, which is being implemented by AOK Rheinland/Hamburg as consortium leader together with the German Institute for Telemedicine and Health Promotion (DITG) and the North Rhine Association of Statutory Health Insurance Physicians (KVNO). The German Diabetes Center (DDZ) and the Institut für angewandte Versorgungsforschung (Institute for Applied Health Services Research, inav) are providing scientific support for the project. TeLiPro is funded by about 1.9 million euros from the innovation fund.

Some seven million adults suffer from diabetes mellitus in Germany – and 95% of them have type 2 diabetes. Less stress, a balanced diet, more physical activity – there is a wide range of factors that patients can use to achieve a positive effect on their health. “TeLiPro takes precisely this approach,” explains Prof. Stephan Martin, Director of the West-German Center of Diabetes and Health (WDGZ) in Düsseldorf and diabetology consultant for the project. “A change in lifestyle offers potential that is still vastly underexploited in therapy. Diabetes is no one-way street: in the best case, patients can use weight loss and changes in dietary and physical habits to eliminate or significantly reduce the daily dosage of antidiabetic medications such as insulin.”

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With three million insured, AOK Rheinland/Hamburg is the eighth-largest statutory health insurance fund in Germany. Some 100 offices are open to support the insured in Rhineland and in Hamburg – in many places even on Saturdays. The AOK-Clarimedis service center takes telephone calls 24 hours per day, 365 days per year (0800 0 326326).



In addition to the usual care provided by the attending physician, TeLIPro participants receive individual health coaching by telephone. Specially trained in diabetes and motivation, the counselors work together with patients to set individual objectives and then accompany patients throughout the 12-month term of the program. In the discussions, the coaches help the diabetes patients permanently change how they eat and move. But the program also promotes healthcare competence. “Our project supports and encourages patients to exert their own positive influence on the course of the disease. The telemedical devices are an added motivational factor here,” explains Günter Wältermann, Chairman of the Board of AOK Rheinland/Hamburg. All participants receive a blood glucose meter, a scale, and a pedometer to help them monitor disease and lifestyle-related values. They also have access to the DITG online portal, where they can track their values and exchange experience with other patients.

TeLIPro provides personal accompaniment tailored to the needs and the life situation of the participant: aspects such as age, occupation, and family situation can be taken into consideration along with wishes and preferences. “We also want to encourage the participation of patients who would be difficult to reach otherwise,” adds Wältermann. “Our goal is to continue developing, in a patient-oriented and target group-specific way, successful disease management programs to support people who suffer from chronic diseases. Innovation projects such as TeLIPro serve as a blueprint for that work.”

Background: Drawing from the statutory health insurance system, the **innovation fund** provides 300 million euros per year for projects designed to further develop cross-sector healthcare provision and health services research.

Brief description of participating institutions

Consortium leader:

With 3 million insured, **AOK Rheinland/Hamburg** is the largest statutory health insurance provider in North Rhine-Westphalia and the eighth-largest in Germany. AOK Rheinland/Hamburg



pioneered the development of the first disease management programs (DMPs) and sees itself as an innovation driver in healthcare provision. With some 100 offices and its telephone consulting service AOK-Clarimedis, AOK Rheinland/Hamburg is there for its customers 24 hours per day.

Project partners:

The German Diabetes Center (DDZ) is an affiliated institute of Heinrich Heine University Düsseldorf and is part of the Leibniz Association. It considers itself as a German reference center for the diabetes disease picture. The work of the DDZ is oriented towards improving prevention, diagnosis, and treatment of diabetes mellitus and its complications. At the same time, it aims to improve the epidemiological data and care in Germany.

Since 2013, the **DITG** has been developing and operating innovative digital patient management concepts, primarily for patients with chronic diseases such as diabetes mellitus. Along with the lifestyle intervention program TeLIPro, the DITG also offers successful programs in the diabetes prevention area and for type 1 diabetes patients.

Specializing in the healthcare system, **inav** is a consulting and research institute under the direction of Prof. Volker Amelung. The special approach of inav combines three competence areas: applied practice, science, and policy. inav helps its customers successfully implement projects from concept development to market launch to evaluation.

Together with its members – the some 19,500 SHI-accredited physicians, psychotherapists, and authorized physicians in Rhineland – **the North Rhine Association of Statutory Health Insurance Physicians (KV Nordrhein)** provides outpatient medical care for nearly ten million people. KV Nordrhein's work on behalf of its members includes the establishment of agreements with the health insurance funds, which form the basis for the treatment of the patients, physician remuneration, and quality assurance. Its other functions include the billing of medical services and the payment of physicians' fees. In addition, KV Nordrhein represents the interests of its members, advising them in all matters ranging from billing to licensing.



The **Westdeutsches Diabetes- und Gesundheitszentrum (West German Diabetes and Health Center, WDGZ)** is part of the Düsseldorf Catholic Hospital Group (VKKD), which comprises three acute care hospitals (Marien Hospital Düsseldorf, Augusta Hospital, and St. Vinzenz Hospital), one geriatric/geropsychiatric clinic with an outpatient facility (Elbroich Hospital), one orthopedic specialist hospital (Marienkrankenhaus Kaiserswerth), one rehabilitation clinic (St. Mauritius Therapy Clinic), and one medical care center with a general practitioners' main office (MVZ Marien Hospital Düsseldorf). The WDGZ has taken over the interdisciplinary and intersectoral care of diabetes mellitus patients throughout the group. In addition, the WDGZ develops lifestyle optimization programs such as TeLIPro, for which it conducted a scientific evaluation together with the DITG.