

# CASE STUDY

## Specialty Disease Management for Pediatric Asthma Saves Costs, Improves Outcomes

### Our Challenge

Asthma is a leading chronic disease in children today. According to the CDC, 50% of asthma cases in children are uncontrolled due to high medication costs, limited access to care, and low awareness of prevention measures. Such is the situation for an eight-year-old member with asthma and his parent who had high anxieties related to his spontaneous asthma episodes. In 2021, the family made four trips to the emergency room and two visits to a pediatrician, taking valuable time away from school and work.

### Our Data-Driven Solution

As part of its platform to simplify healthcare, Valenz® Health offers URAC-accredited Disease Management services with tools for effective self-management to improve clinical outcomes and reduce spending for chronic health conditions like asthma. Each qualified member is matched with a dedicated Disease Case Manager – a highly experienced registered nurse who provides care coordination, patient education, navigation support and careful monitoring. The Disease Case Manager also offers support for maintaining activities that lead to improved member health and wellness. Prompt and consistent education by disease case managers for children and families dealing with asthma is a first step to promoting treatment adherence and less frequent high-cost emergency room visits.

### Member-Centric Services

Through the Valenz Care Management suite of solutions, members have access to care management, utilization management, disease management concierge-level navigation and optimized navigation for high-cost procedures. Valenz provided the family with access to a knowledgeable Disease Care Manager with expertise in childhood asthma who offered easy-to-understand information on asthma triggers and developmentally friendly ways for the child to learn how to self-administer his rescue inhaler. The nurse case manager also provided the family with information about asthma camps where their son could be independent and have fun with others with his condition.

### Results and Client Cost Savings

Recognizing how even the smallest shift in utilization can have a significant impact on bending the cost curve for employers, the nurse case manager intervened with early engagement to prevent further emergent visits. In addition to improving the member's quality of life, he hasn't required any emergent care, nor any pediatrician visits in 2022. Based on the prior year, this represents a cost avoidance of \$14,400. The nurse case manager also arranged for a discount medication program for the inhaler, saving the family \$400 a month, an annual savings of \$4,800.

**\$14,400**  
cost  
avoidance

**\$4,800**  
reduction  
in medical  
expenses

Improved  
**quality of  
life**

Sources: [https://www.cdc.gov/asthma/healthcare-use/2019/table\\_a.html](https://www.cdc.gov/asthma/healthcare-use/2019/table_a.html); [https://www.cdc.gov/asthma/asthma\\_stats/uncontrolled-asthma-children.htm](https://www.cdc.gov/asthma/asthma_stats/uncontrolled-asthma-children.htm)