

SEASON

# Food-As-Medicine Platform Drives Diabetes Outcomes in 90 Days



## Program overview

In 2022, Season partnered with a regional integrated delivery system and health plan to test the impact of our food-as-medicine platform. The goal of this partnership was to show whether telehealth-based medical nutrition therapy (via employed Season Registered Dietitians (RD)), coupled with a curated marketplace of food and a digital wallet to support members in paying for food, would drive high rates of member engagement, and reductions in A1c—a proxy for improved outcomes and cost of care reductions in our target population.

### Clinical care

Upon registration, members scheduled a visit with a Season registered dietitian, with whom they were encouraged to meet 1:1, on a monthly basis, during the 90-day program, as well as complete Season's ACDES accredited DSMES program.

### Population Overview

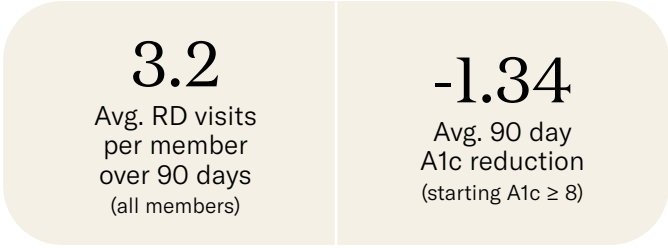
- 245 engaged members with diabetes and pre-diabetes
- Plan members & ACO patients
- Living in the rural Northeast
- Not already engaged with a registered dietitian or any other diabetes intervention

### Food benefits

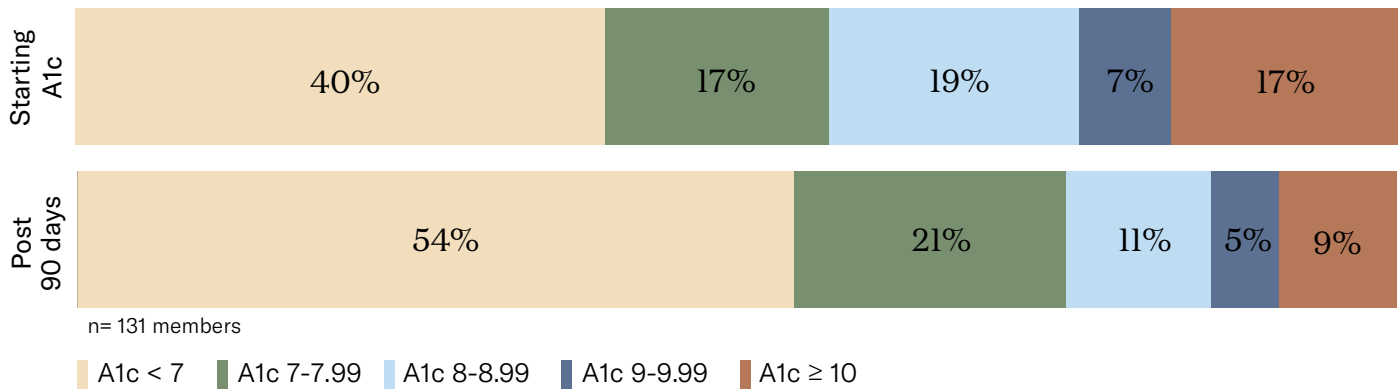
Members received a monthly \$50 food credit to use on Season for pre-made meals and groceries. All food items were delivered directly to members' homes.

## Meaningful A1c drops

Season saw substantial reductions in A1c for members who started on our program with an A1c of 8.0 or greater. Over 90 days, the percent of members with an A1c of 8.0 or greater went from 43% to 25%, demonstrating that our food-as-medicine program drives health outcomes and total cost of care reduction for high acuity members.



A1C changes for engaged members with a second, 90-day reading



## Members remain active & committed at 90 days

The majority of members remained engaged over the 90-day program after meeting with their RD. Approximately 75% of members placed at least 2 orders through the Season platform over the course of the program. Order rates between Medicaid and Commercial members did not vary significantly.

Member order behavior over 90-days

