

Refer your complex  
Type-2 diabetes  
cases to the **insulin**  
**management**  
**experts.**



# *We can help* your diabetes patients achieve glycemic control.

*Hygieia specializes in helping people with type-2 diabetes get the right insulin dose when they need it, so they can keep their blood sugar levels under control.*

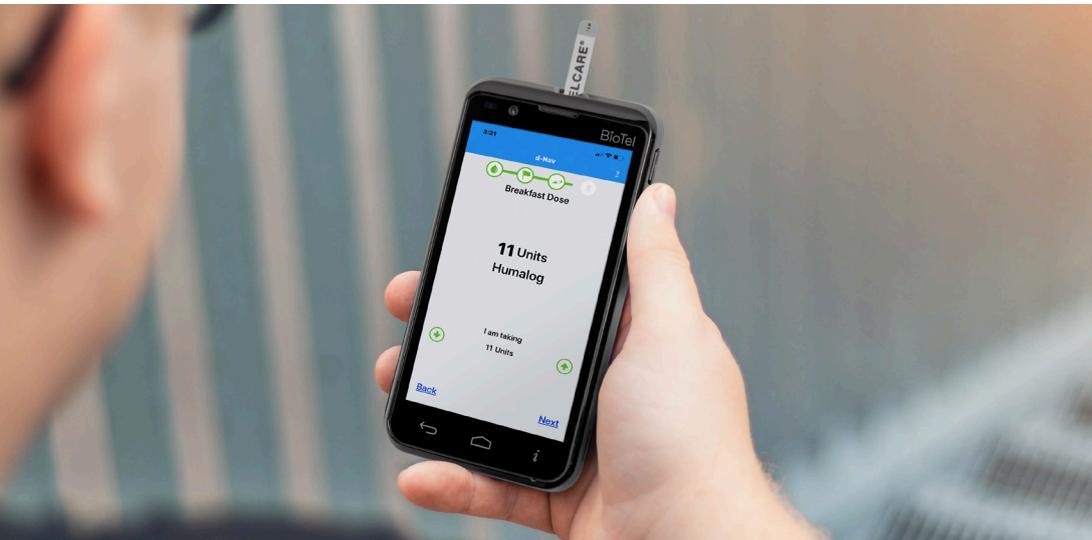
Our revolutionary d-Nav<sup>®</sup> Insulin Management Program combines an FDA-cleared mobile app with patented technology, artificial intelligence and virtual clinical support to automate insulin titration based on each patient's unique needs. Through a user-friendly handheld device, the d-Nav program guides patients to optimize insulin doses at home based on their changing glucose levels.

## **Percent of patients with A1c < 9%**



*Our studies have shown that over 90 percent of people using d-Nav achieve lower A1c within three months. Our patients say they feel better, experience fewer complications and lower their disease management costs.*

Hygieia is a specialty provider for insulin management. Hygieia is part of the Blue Cross® Blue Shield® of Michigan network and our program, d-Nav, is covered by Medicare as well, so you can refer your cases to us with confidence. We deliver one thing: the continuous, personalized care patients need to manage their insulin, while remaining under your care for their overall diabetes treatment. We'll work with you to improve outcomes while saving your practice valuable time and resources.



## *A safe, simple and effective care pathway.*

To use the d-Nav program, patients insert their glucose test strip into the handheld device, and their information is uploaded to the cloud to be analyzed. Artificial intelligence and a proprietary algorithm are applied to make an insulin dose recommendation, based on the current reading and patient historical data, for each injection throughout the day and week.

### ***Ongoing support includes:***

- Regular in-person HbA1c testing by a specialist — or guided virtually with test kits sent in the mail
- Automatic home delivery of glucose strips
- Daily virtual insulin guidance
- Frequent virtual check-in visits to ensure long-term patient success
- Patients can also visit one of our many clinics located throughout the region



Part of our provider service includes the d-Nav Physician Portal to keep you current on patients' progress, minimizing the need for them to visit you in-person simply to make insulin adjustments.

## d-Nav<sup>®</sup> Developed by doctors.

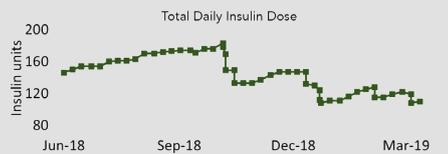
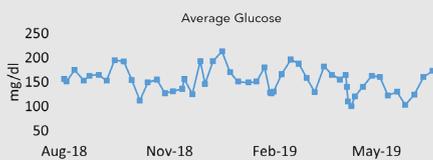
Hygieia was founded in 2008 by two researchers at the University of Michigan who developed d-Nav with the goal of making insulin therapy safer and more effective without increasing the burden on the healthcare system. The d-Nav program, with FDA-cleared technology, has been thoroughly tested, reviewed and patented internationally.

- Hygieia has published articles in **16 peer-reviewed publications**
- Hygieia has completed **five clinical studies, including one multisite RCT**
- The d-Nav program has safely prescribed over 3.5 million insulin doses to date, equivalent to approximately **3,000 patient years of service**, with that number constantly growing
- d-Nav technology is **CE marked** and has **10 U.S. patents**, with many issued globally
- **2,000+ patients** have used the program and that number grows each day — and over 90 percent of them have **lowered their A1c within 90 days** of starting the program
- More than **95% reach and maintain HbA1c <9%** while on the d-Nav program

## The Science Behind Insulin Titration.

Current Standard of Care

d-Nav Insulin Management Program



Dozens of studies show that effective insulin treatment requires dose adjustment on a weekly basis, due to the fact that patients' insulin requirements can vary significantly over time.

### Beneficial to your practice

- Automate insulin management for your patients
- Remotely monitor each patient's progress
- Significantly improve workflow and accessibility
- Reduce diabetes-related comorbidities
- Improve patient satisfaction and quality scores
- Meet value-based reimbursement requirements

### Beneficial to your patients

- Improved HbA1c and dramatically improved quality of life
- Quick, simple and safe dose-by-dose guidance every day
- Cost savings
- In-home insulin adjustments
- Reduced risk for diabetes-related complications

**d-Nav<sup>®</sup>**  
A BETTER WAY TO USE INSULIN

**HYGIEIA**  
UNLOCKING THE POWER OF INSULIN

Call: 734.743.2838  
Visit: [hygieia.com](http://hygieia.com)

## Clinic Locations

### *Livonia Clinic*

28803 8 Mile Rd  
Suite 102  
Livonia, MI 48152

### *Allen Park Clinic*

7445 Allen Rd  
Suite 116  
Allen Park, MI 48101

### *Sterling Heights Clinic*

13854 Lakeside Circle  
Suite 207  
Sterling Heights, MI 48313

---

***REFER YOUR PATIENTS*** to the  
*insulin management experts today.*

**Fax patient information to:**

734.249.9650

***Contact Hygieia to learn more.***

Contact Hygieia to learn more about how the proven d-Nav Insulin Management Program can benefit your type-2 diabetes patients — and your practice.

**For more information:**

Visit: [hygieia.com](http://hygieia.com)

Call: 734.743.2838