Now that 2016 is in full swing, we’d like to reflect upon the success of our Health Risk Solutions Nurse Advocate Program in 2015.

Since the implementation of this system, we have seen participants reach milestones and accomplish goals to reduce their risks for serious health issues. The nurses are proud to work with such motivated companies and individuals, and we hope these partnerships continue to grow and confirm that Lockton is leading the way in health management programming.

There are often several facets that comprise the Health Risk Solutions system and the Nurse Advocate Program. Depending on the needs and objectives of a client, members of your workforce may have access to health risk assessments, nurse advocates, on-site biometric screenings, nurse coaching, personal health reports, goal setting, seminars, and more.

With this all-encompassing approach, Health Risk Solutions and the Nurse Advocate Program can provide significant savings to your health insurance plan by managing chronic conditions, addressing claims, and closing gaps in care before they become high-dollar items on your health insurance plan.

Read on for individual accounts of the nurse advocates in action!

Nurse Advocate Program Success Stories:

► Aug. 10: Nurse helps participant save money on diabetes testing supplies
► Sept. 14: Helping truck driver reduce BP & prepare for sleep study to pass DOT exam
► Oct. 24: Nurse squashing negativity toward CPAP machines—they save lives!
► Nov. 31: Helping member check blood sugar, change diet, adjust to new lifestyle after diabetes diagnosis
► Dec. 7: Staying focused on the positives and progress our participants have made this year!

Read more on Twitter @LocktonOmaha
Our nurses frequently work with participants employed in the transportation industry. This group of individuals has unique needs and health concerns due to long hours spent seated, oftentimes with limited opportunities for eating healthy and exercising.

It is imperative that these individuals maintain good health, as the Department of Transportation (DOT) conducts regular exams to ensure all drivers are safe to be on the road. If a driver does not pass this exam, they can receive a shortened certification period, lose their certification, even lose their job. Lockton nurses are ideal for connecting with this mobile group through our email, telephone, video, or text message outreach.

Recently, one nurse was in contact with a diabetic driver who was having trouble controlling his blood sugars. Turns out, he was on antibiotics for a chest infection, and was not aware that he needed to take his antibiotics at least one hour before taking his non-insulin diabetes injection. The antibiotics were interfering with the efficacy of the injectable prescription, and his blood sugar levels were not as good as they should have been. The nurse provided instruction and reinforced the importance of timing these medications correctly to avoid such complications while managing his diabetes and treating the infection.

Along with diabetes, hypertension and sleep apnea are common conditions seen among truck drivers. Another driver our nurse recently worked with was experiencing high blood pressure, above DOT’s regulations. The nurse discussed the possibility of undiagnosed hypertension and sleep apnea, as he had several risk factors of both. She provided the driver with information on the two conditions along with suggestions on lifestyle changes.

The driver took the initiative and advice. He visited his primary care physician soon after, and commenced blood pressure treatment. A sleep study also resulted in
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a positive diagnosis for sleep apnea, so he began CPAP therapy. With his new knowledge and support, the driver has been able to lose over 10 pounds and better monitor his health. He is confident about his upcoming DOT exam and his future in the trucking industry.

Many program participants suffer from poor eating habits, insufficient exercise, and lack of accountability. With some helpful tips, backed by nurse encouragement, members have started making simple adjustments like walking laps around their workplace or trucks, preparing healthy meals and snacks, or cutting back on soda. One member lost over 100 pounds by making such changes!

While some employees need advice on maintaining a healthy lifestyle, others may need a reminder to obtain their yearly preventive screening. This essential task is often overlooked if you don’t feel sick—just one more reason the nurses are available to provide motivation and outreach on a regular basis. In fact, one gentleman learned a painful lesson in accountability when his brother, who had neglected to visit a physician for over 40 years, died of liver cancer. Nurse advocates help identify when health needs like this are not being met.

Ultimately, our goal is to connect with your employees on a personal level and determine how their health can be managed or improved. Prevention is ideal, but most large claims come from members with ongoing, chronic conditions that are not well-managed. As these stories prove, the nurses are here to help solve that problem by building a workforce of healthy, medically-compliant individuals.
Our Mission

To be the worldwide value and service leader in insurance brokerage, risk management, employee benefits, and retirement services

Our Goal

To be the best place to do business and to work