

EFFECTIVENESS OF A DIGITAL THERAPEUTIC FOR IMPROVING OUTCOMES IN SOUTH ASIANS LIVING WITH TYPE-2 DIABETES



RESULTS FROM AN ONGOING REAL WORLD PILOT TRIAL

Banshi Saboo¹, Maaz Shaikh², Abhishek Shah², S.R. Aravind³, Jothydev Kesavadev⁴, Manoj Chawla⁵, B.M. Makkar⁶, Rajiv Kovil⁷, Rajeev Chawla⁸, Sarita Bajaj⁹

¹Dia Care - Diabetes Care & Hormone Clinic, Diabetes, Ahmedabad, India, ²Wellthy Therapeutics Pvt. Ltd., Mumbai, India, ³Diacon Hospital, Bengaluru, India, ⁴Jothydev's Diabetes Research Centre, Trivandrum, India, ⁵Lina Diabetes Care & Mumbai Diabetes Research Centre, Mumbai, India, ⁶Dr. Makkar's Diabetes and Obesity Centre, Delhi, India, ⁷Dr. Kovil's Diabetes Care Centre, Mumbai, India, ⁸North Delhi Diabetes Centre, New Delhi, India, ⁹MLN Medical College-, Dept of Medicine, Allahabad, India.

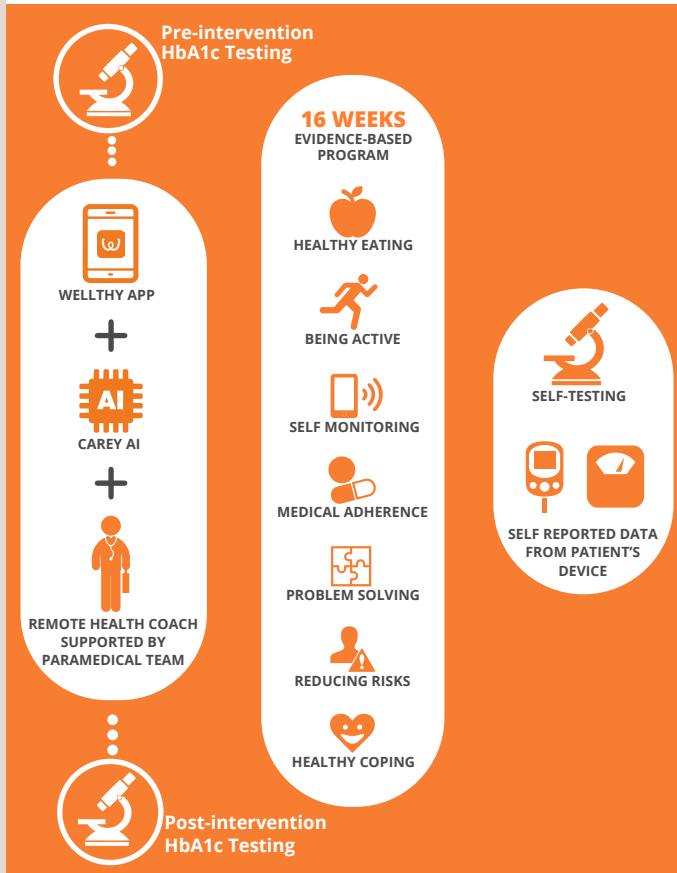
BACKGROUND

Health Insurers in South Asia are challenged by lack of a clinically effective lifestyle intervention that can be delivered at scale to their insured populations. This study reports results for a subset of participants (who completed the intervention at the time of submitting this abstract) of a real-world pilot of Wellthy Diabetes™ (WD), a digital therapeutic for people living with type-2 diabetes, in collaboration with an insurance provider with the aim to validate WD as a diabetes management and risk reduction tool.

METHODS

A 16-week lifestyle modification program was delivered through WD to adult subjects with type 2 diabetes. The program included skill development through structured DSME content developed along the guidelines of AADE7 and Artificial Intelligence(AI) powered real time 24x7 coaching and feedback on self-reported blood glucose, weight, physical activity and meals. Participants were supported by a personal diabetes coach throughout the study.

INTERVENTION



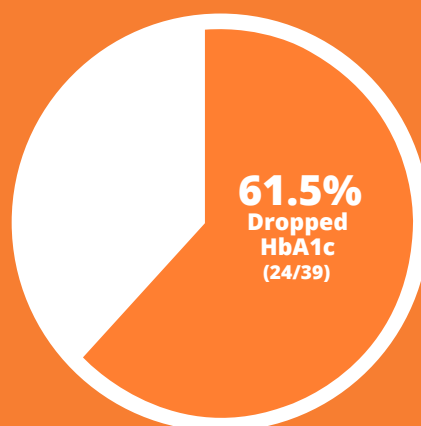
OUTCOMES

Mean HbA1c Reduction in Participants completing the program

↓ 0.61%

Mean HbA1c at Baseline: 8.3%

Mean HbA1c at Completion: 7.7%



Mean HbA1c Reduction in Participants who dropped HbA1c

↓ 1.17%

RESULTS

For the 39 participants (mean age: 50.5 yrs & 62% males) mean pre and post-intervention A1c were 8.31% (95%CI:7.85-8.78) and 7.7% (95%CI: 7.28-8.12) respectively. A mean reduction of 0.61% A1c (95%CI:0.26-0.96, p=0.001) was reported post intervention with 62% (n=24) of participants reducing A1c with a mean change of -1.17% A1c (95% CI: 0.75-1.60).

CONCLUSIONS

This study demonstrates Wellthy Diabetes as a clinically effective intervention for health insurers in South Asia to improve health outcomes and reduce risk for people with type-2 diabetes.