

Effectiveness of Using a Digital Therapeutic with a Blood Glucose Monitor in Improving Glycaemic Control among Patients with Diabetes in India

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BACKGROUND

The glycaemic control among patients with diabetes in India is very poor and better self-management is the key to improving glycaemic levels. This study evaluates the effectiveness of an iPDM (integrated personalized self- management) to improve blood glucose (BG) levels.

METHODS

- Participants were using an iPDM consisting of the Accu-Chek® Active BG monitor with the Wellthy Care™ digital therapeutic that delivers an artificial intelligence (AI) augmented disease management program for people with diabetes.
- We included 184 participants (Average = 45.41 years; 72.71% male) who had a minimum BG logging frequency of ≥ 2 BG logs/wk for ≥ 4 months and were using an iPDM consisting of the Accu-Chek® Active BG monitor with the Wellthy Care™ digital therapeutic. We analyzed average BG (ABG), Fasting BG (FBG), and Post-meal BG (PBG), at baseline (BG logged 1-3 days from the start of the program), month 1 (M1), and month 4 (M4), and change in estimated HbA1C (eA1C) based on ABG.
- Participants who had a minimum BG logging frequency of ≥ 2 BG logs/wk for ≥ 4 months. We analyzed average BG (ABG), Fasting BG (FBG), and Post-meal BG (PBG), at baseline (BG logged 1-3 days from the start of the program), month 1 (M1), and month 4 (M4), and change in estimated HbA1C (eA1C) based on ABG.



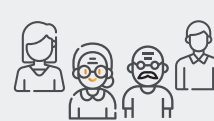
184
Participants



132
Male



84
Female



45.41 Years
Average Age



66.62

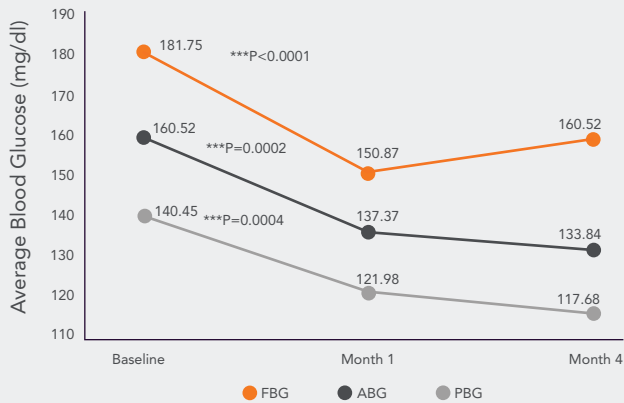
Avg. Active days per participants



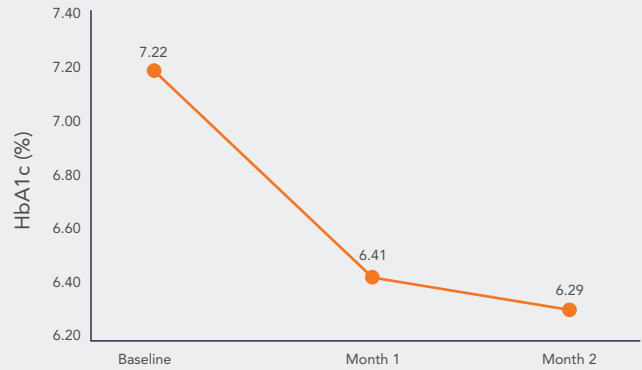
93

Avg. No. of BG logs per participants

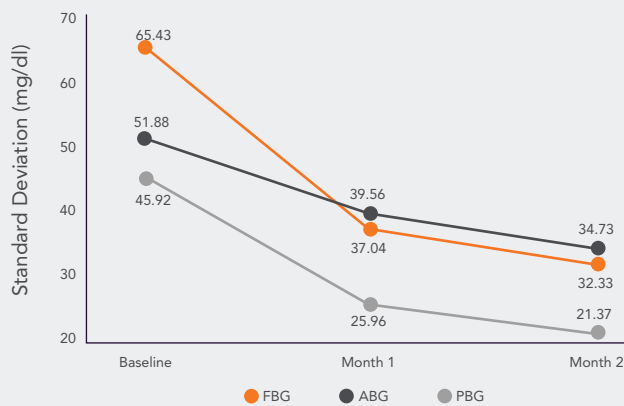
Change in Blood Glucose (BG) over 4 months



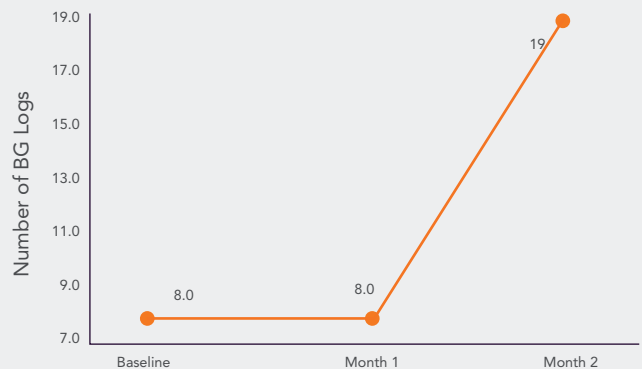
Change in eHbA1c over 4 Months



Deviation in Blood Glucose (BG) over 4 Months



Change in Blood Glucose Logs over 4 Months



CONCLUSION

There was a significant drop in BG initially and a further small stable reductions. These results indicate that an iPDM could be an effective tool for improving self-management thereby enabling better glycemic control in a resource constrained country like India.