



# Improving Glycemic Control Among Indian Patients with Type 2 Diabetes Using Wellthy Care™ Digital Therapeutic

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## BACKGROUND

India has the highest burden of type 2 diabetes. Lack of adequate knowledge and awareness contribute to the poor diabetes self-management, which lead to poor glycemic control and increase in diabetes complications.

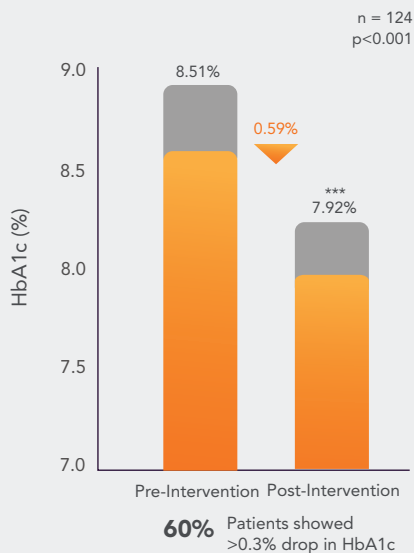
## AIM

We evaluate the effectiveness of the Wellthy Care (WC) digital therapeutic in changing behaviour to improve outcomes in patients with diabetes.

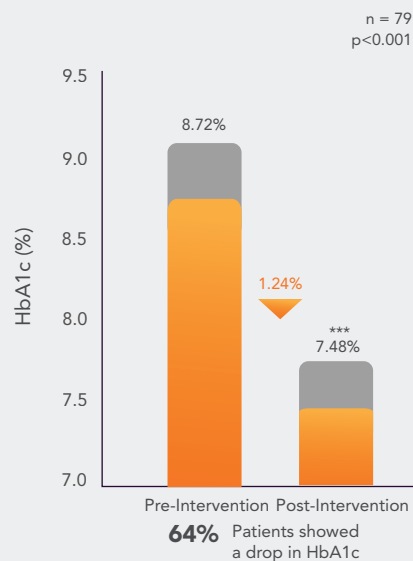
## METHODS

- Wellthy Care™ (WC) is a digital therapeutic that delivers an artificial intelligence (AI) augmented disease management program for people with diabetes.
- We used de-identified data from 124 participants enrolled in the 16-week WC digital therapeutic.
- The WC app provides coaching in the form of lessons and quizzes, and an AI-based digital persuasion model to encourage users to self-report data on blood glucose, weight, meals, and physical activity, with active feedback on each data point.
- The participants also had access to a human health coach via chat and calls who helped them further personalise management. The program was developed in lines with the AADE7™ guidelines and in collaboration with the RSSDI.

### Mean Drop in HbA1c from Baseline



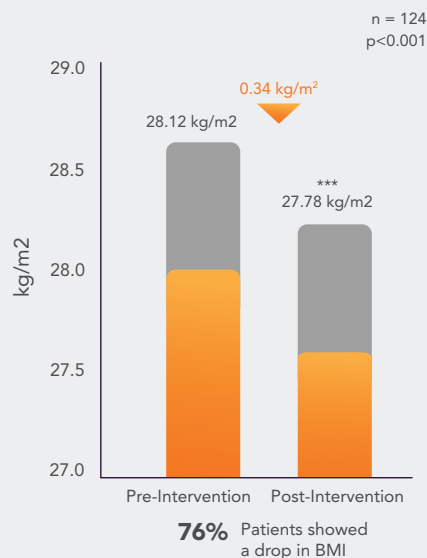
### Mean Drop in HbA1c among those who had a drop



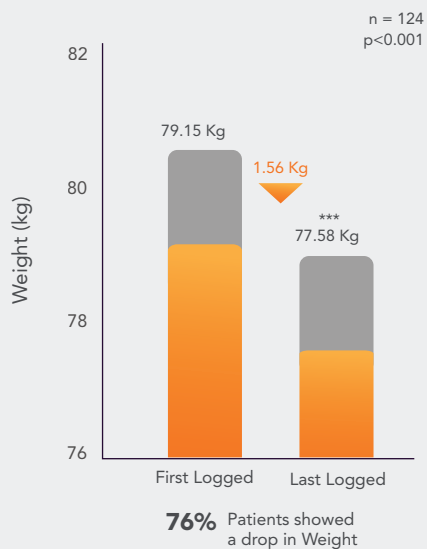
### Change in HbA1c based on DTx engagement



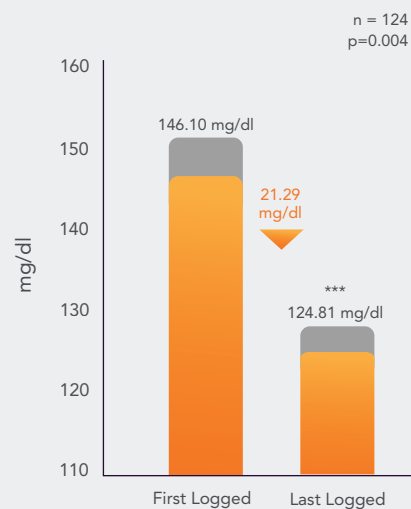
### Change in BMI



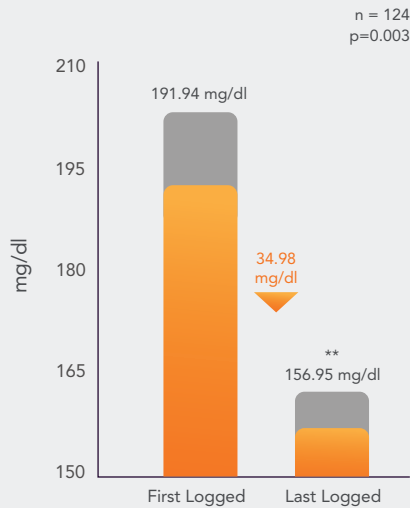
### Change in Weight



### Change in Fasting Blood Glucose



### Change in Postprandial Blood Glucose



## RESULTS

The average age of the participants was 50.08 years (95% CI: 51.6 to 48.57 years) of whom 67% were males (83/124). The mean pre- and post-intervention HbA1c levels were 8.51% (95% CI: 8.76 to 8.25%) and 7.91% (95% CI: 8.17 to 7.66%) with a significant mean reduction of -0.59% (95% CI: -0.37 to -0.81%,  $p < 0.0001$ ). Sixty-four percent of the participants reduced HbA1c by the end of the program with a significant mean reduction of -1.24% (95% CI: -1.02 to -1.47). There was also a significant reduction in mean BMI and weight among the participants. The mean pre-intervention BMI and weight was 28.12 Kg/m<sup>2</sup> (95% CI: 29.18 to 27.05 Kg/m<sup>2</sup>) and 79.14 Kg (95% CI: 81.89 to 76.4 Kg) respectively, and the mean post-intervention BMI and weight was 27.77 Kg/m<sup>2</sup> (95% CI: 28.84 to 26.7 Kg/m<sup>2</sup>) respectively. The change in the mean BMI and weight was -0.34 Kg/m<sup>2</sup> (95% CI: -0.78 to -0.14 Kg/m<sup>2</sup>,  $p < 0.0001$ ) and -1.56 Kg (95% CI: -1.15 to -1.96 Kg,  $p < 0.0001$ ) respectively, with 76% of the participants showing reduction in weight.

## CONCLUSION

In resource constrained countries like India, a digital therapeutic like Wellthy Care can be an effective tool for improving outcomes, without any additional burden on existing healthcare infrastructure.