



Impact of Digital Therapeutic on Improving Glycemic Control in Patients with Type 2 Diabetes

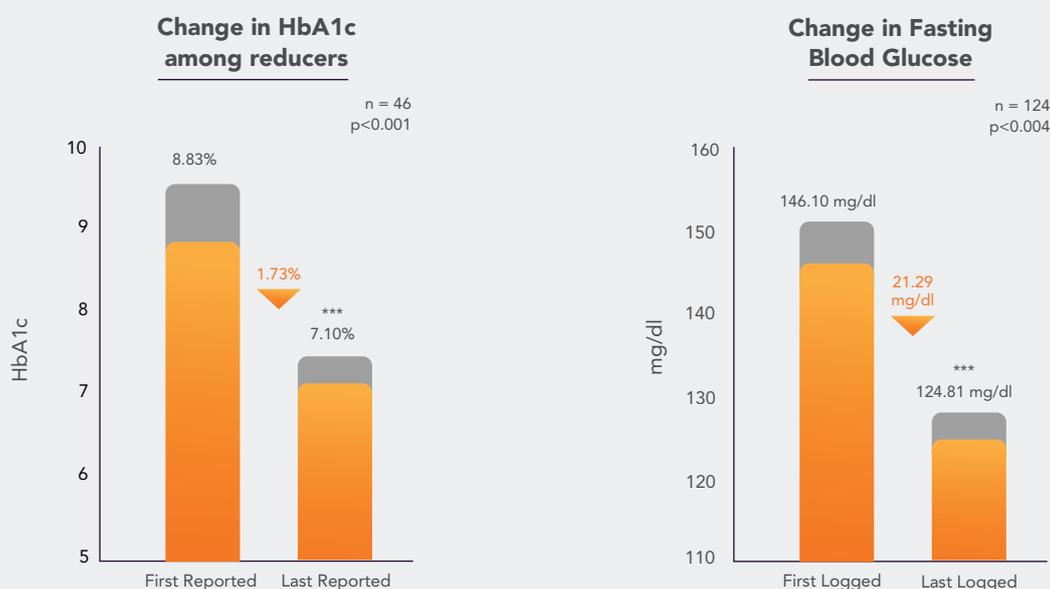
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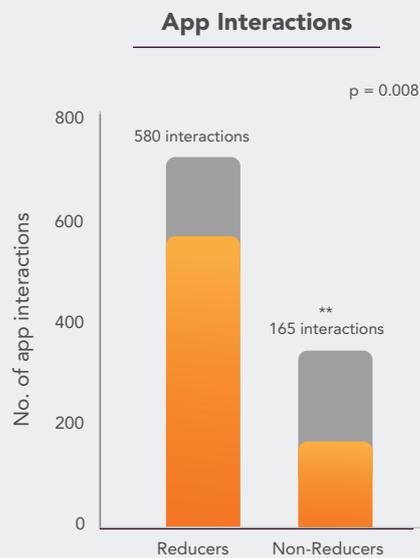
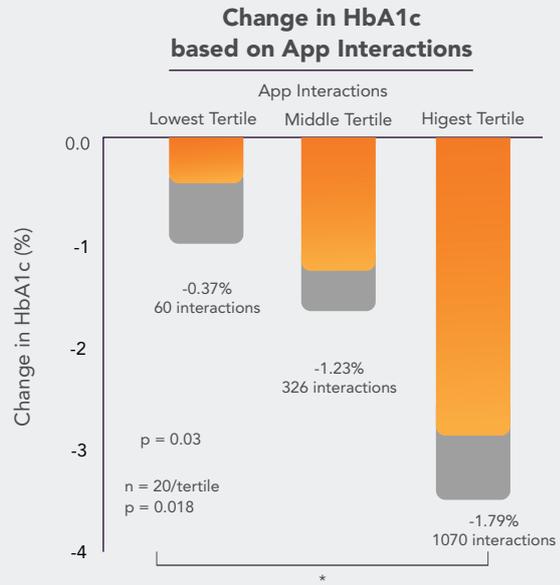
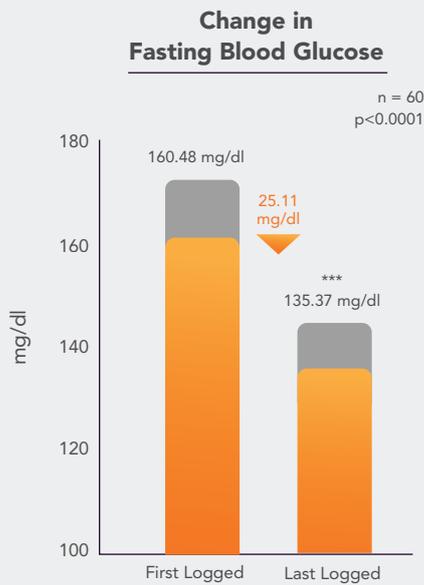
AIM

Undeniable improvement is seen in patients with type 2 diabetes (T2D) with proper self-management and lifestyle modification. This study aimed to assess the effect of lifestyle and behavioral modifications delivered via the Wellthy Care™ digital therapeutic (Dtx), on glycemic control of patients with T2D.

METHODS

- Patients from India were enrolled on a 16 week self-management program, based on AADE7™ self-care behaviours, delivered via the Wellthy Care™ (WC) app.
- This program provides real-time feedback via an AI-powered chatbot and periodic, planned health coaching through certified diabetes educators via voice calls and chats.
- At the end of the program the first reported HbA1c was compared to the last reported HbA1c and the change in HbA1c, was correlated to the interactions with the Wellthy Care™ app.





RESULTS

60 patients that completed the program and reported 2 HbA1c readings showed a mean reduction of -1.26% (95% CI: -0.79 to -1.72%, P<0.0001). Seventy Seven percent (46/60) of the patients showed a reduction in HbA1c, 70% of the patients (42/60) reduced their HbA1c more than -0.3%, and 32% of the patients (19/60) achieved an HbA1c of <6.5%. Patients in the highest tertile of app interaction showed a mean reduction of -1.73% (95% CI: -0.82 to -2.76%) in HbA1c, patients in the middle tertile showed reduction of -1.23% (95% CI: -0.84 to -1.60%) of reduction, and those in the lowest tertile showed a mean reduction of -0.37% (95% CI: 0.13 to -0.89%; P<0.0001, lowest vs highest)

CONCLUSION

The WC dtx improved HbA1c levels and a higher engagement was associated with a higher reduction in HbA1c. A Dtx like WC can be an effective tool for improving glycemic control in a resource constrained country like India.