

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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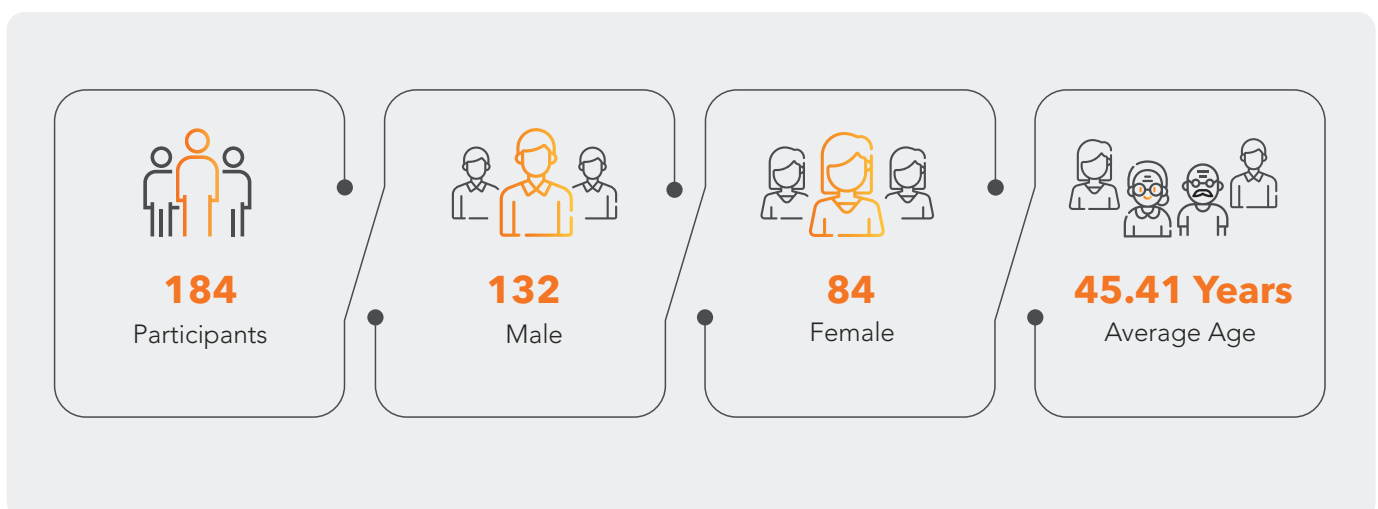
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BACKGROUND

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.

METHOD

- 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.





66.62

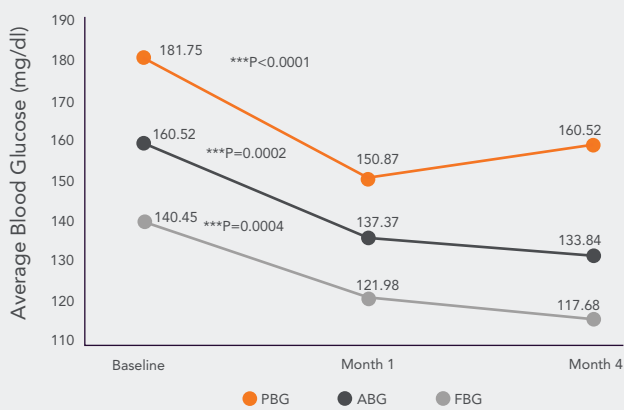
Avg. Active days per participants



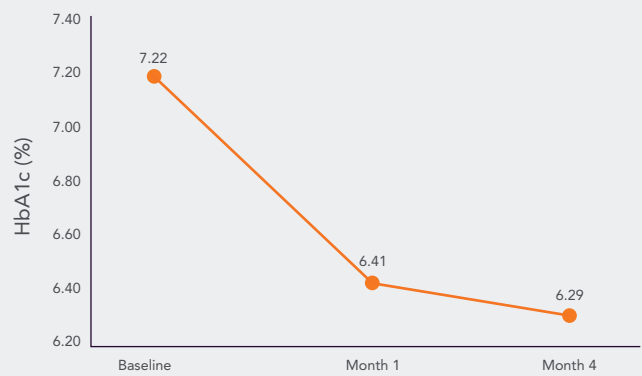
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Avg. No. of BG logs per participants

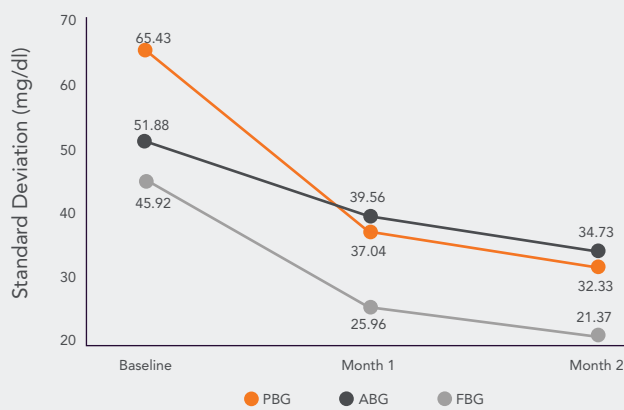
Change in Blood Glucose (BG) over 4 months



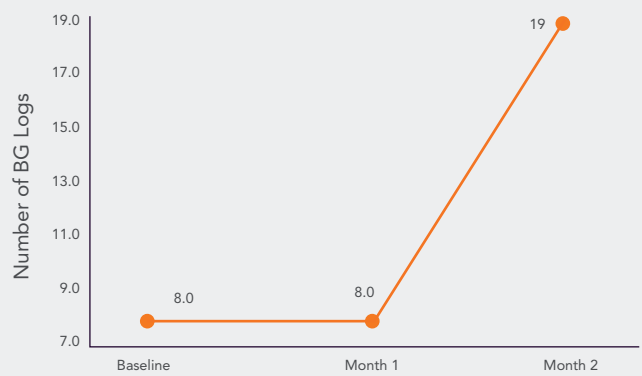
Change in eHbA1c over 4 Months



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.