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Wellthy CARE DTx platform demonstrates outcomes to manage diabetes

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The study analysed 102 patients with Type 2 Diabetes Mellitus from India



Wellthy Therapeutics recently conducted a 16-week real-world study, to test the real-world effectiveness, efficacy and remote patient monitoring and management capabilities of its Wellthy CARE DTx platform. The platform consists of a clinical and behavioural intelligence engine, delivering care through a mobile app, paramedical dashboards, HCP dashboards and enterprise analytics.

In this study, a clinically validated Type 2 Diabetes Digital Therapy was delivered through the Wellthy CARE DTx platform, to evaluate glycemic control in Type 2 Diabetes Mellitus (T2DM) patients of South Asian origin. The findings were published in the *Journal of Medical Internet Research* (JMIR) as a full-text publication.

The study, 'Evaluating Glycemic Control in Patients of South Asian Origin with T2DM Using a Digital Therapeutic Platform: Analysis of Real-World Data', tracked and analysed 102 patients with T2DM from India, enrolled in a 16-week structured self-management programme which was delivered 100 per cent via the Wellthy CARE DTx platform. The average change observed in HBA1c was -0.49 per cent. Patients with the highest engagement showed a reduction in HbA1c by 0.84 per cent, fasting blood glucose (FBG) by 11 mg/dl, postprandial blood glucose (PPBG) by 21 mg/dl, weight by 1.32 kg and BMI by 0.47 kg/m2. The study programme was based on the American Association of Diabetes Educators AADE7 self-care behaviours and works on the model of digital persuasion while providing culturally relevant content and nudges. The study demonstrated significant improvements in real-world outcomes, achieved via a Digital Therapeutic intervention delivered using the Wellthy CARE DTx platform.