

Welldoc's Mobile Diabetes Intervention System Highlighted at American Diabetes Association 72nd Scientific Sessions

[WellDoc](#) [1], a healthcare behavioral science and technology company whose products improve the lives of people with chronic diseases, today released new data from a study first published last fall in *Diabetes Care*. The additional analysis "Mobile Diabetes Intervention for Glycemic Control: Impact on Physician Prescribing Behavior," will be highlighted during a poster presentation at the American Diabetes Association (ADA) 72nd Scientific Sessions, held June 8-12 in Philadelphia at the Pennsylvania Convention Center.

The new data from study lead investigator [Charlene C. Quinn](#) [2], R.N., Ph.D., University of Maryland School of Medicine, et al. assessed the impact on physicians' medication management when patients used a Mobile Diabetes Intervention System (MDIS), and physicians used the associated Clinical Decision Support.

The cluster-randomized controlled trial (RCT) included 163 patients and 26 primary care practices assigned to treatment groups or a control group (usual care) for one year. For this analysis, physicians who used the WellDoc Clinical Decision Support (seven practices) nearly doubled the number of medication changes they made for their patients vs. those who provided usual care alone (66.5 percent of treatment group patients experienced medication changes versus 36.4 percent in the usual care group). The one year parent RCT, reported in *Diabetes Care*, 2011, found that the virtual patient coach portion of the WellDoc solution reduced A1c on average by 1.5 percent and that when physicians utilized the clinical decision support the A1c was further reduced by approximately 30 percent, or a total of 1.9 percent. These results were significant compared to the 0.7 percent A1c reduction for control group. A1c levels are considered the gold-standard measure for diabetes control and reductions in A1c have been shown to directly reduce the number of complications and costs incurred by a person with diabetes.

"Our research shows that this mobile diabetes study intervention impacted how physicians manage medications for their diabetes patients," said Dr. Quinn. "The WellDoc intervention provided a patient-centric care solution that impacted medication therapy management at the provider level, while simultaneously supporting other key aspects of diabetes self-management, such as glucose testing, diet, and exercise."

"Last year, [WellDoc announced](#) [3] the primary endpoint data showing a significant reduction in A1c levels. Today, as we dig deeper into the study data it has become eye-opening how mobile health can not only change patient behavior but also provide doctors with the support and information they need to optimize the treatment plans of their type 2 diabetes patients," said Ryan Sysko, founder and chief executive officer, WellDoc.

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WellDoc's diabetes product is the only mHealth solution cleared by the U.S. Food and Drug Administration (FDA) to provide real time, automated clinical and behavioral patient coaching combined with decision support for the patient's doctor. Type 2 diabetes affects 25.8 million Americans, costing the United States \$174 billion in 2007. Only 12.2 percent of these people meet the standards of care for glucose, blood pressure and lipid control.

About WellDoc

WellDoc®, a healthcare behavioral science and technology company that develops solutions aimed at engaging patients and enhancing health outcomes, is focused on simplifying the way chronic diseases are managed through a collaborative, life-changing approach that breaks down the barriers of engagement and adherence by providing patients and their healthcare providers with real-time, actionable information. WellDoc has developed an industry-leading, technology-based solution designed to help people with chronic diseases better manage their conditions. In 2011, Forbes editors selected WellDoc as one of "America's Most Promising Companies" based on its potential for future growth. For more information, visit www.welldoc.com. [4]

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Links:

[1] <http://www.welldoc.com/>

[2] <http://www.welldoc.com/Products-and-Services/Demonstrations.aspx>

[3] <http://www.welldoc.com/LinkClick.aspx?fileticket=c7QoKkGiRlo%3d&tabid=103>

[4] <http://www.welldoc.com>