

The Use of a Real-time CGM and Digital Health Solution Lowered A1C in People with Type 2 Diabetes

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OBJECTIVES

- Many individuals with type 2 diabetes struggle to make better, "in the moment" decisions regarding food, medications, and activity and their collective impact on glycemic control
- Since real-time CGM (rtCGM) has been shown to improve glycemic outcomes for individuals with type 2 diabetes, it may also help with decision-making not related to bolus insulin dosing¹
- AI-driven digital health coaching has the potential to deliver real-time actionable insights from large amounts of raw data²
- We therefore hypothesized that combining rtCGM with digital health coaching may significantly improve A1C in non-intensive insulin users.

METHODS

- We reviewed real-world data from 117 participants who were enrolled in a program that provided both a rtCGM (Dexcom G6) as well as a digital health coaching platform (BlueStar[®]* by Welldoc[®])
- Enrollment targeted individuals who were not prescribed insulin
- We defined two groups of participants: Those who wore the rtCGM continuously (e.g., every week for the duration of the study) and those who wore it intermittently
- We collected the A1C data at baseline, 12 weeks, and 24 weeks
- The data were de-identified according to our internal data use policy

RESULTS

Figure 1: Demographic Data

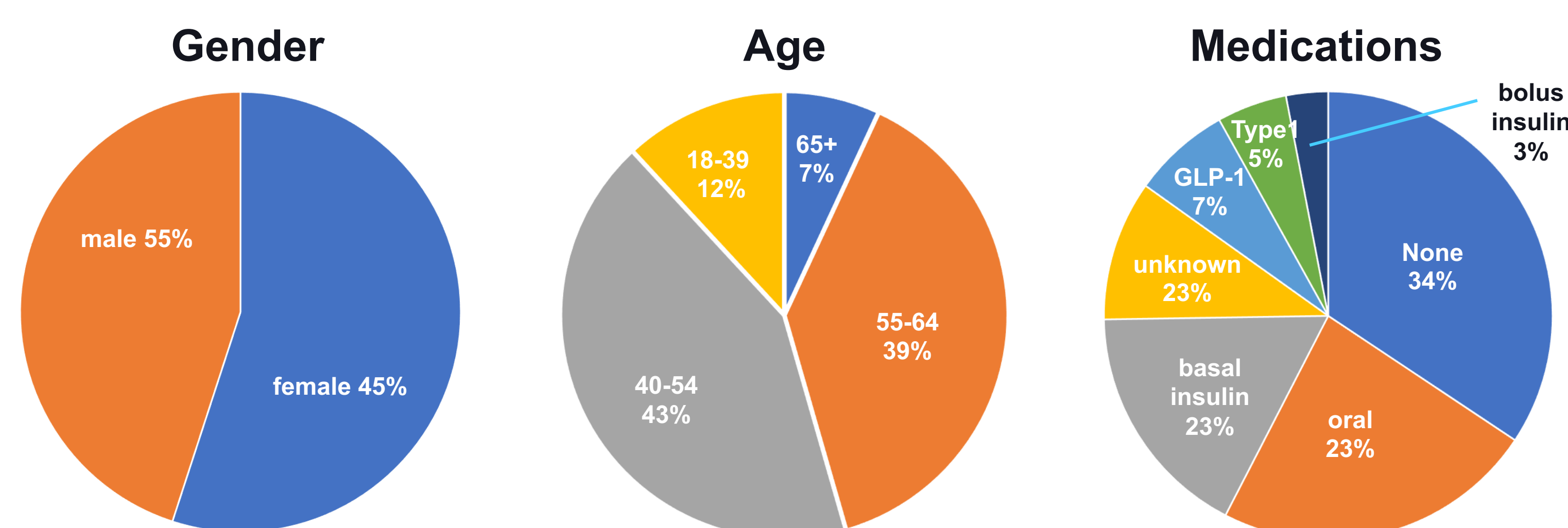


Figure 2: Baseline A1C

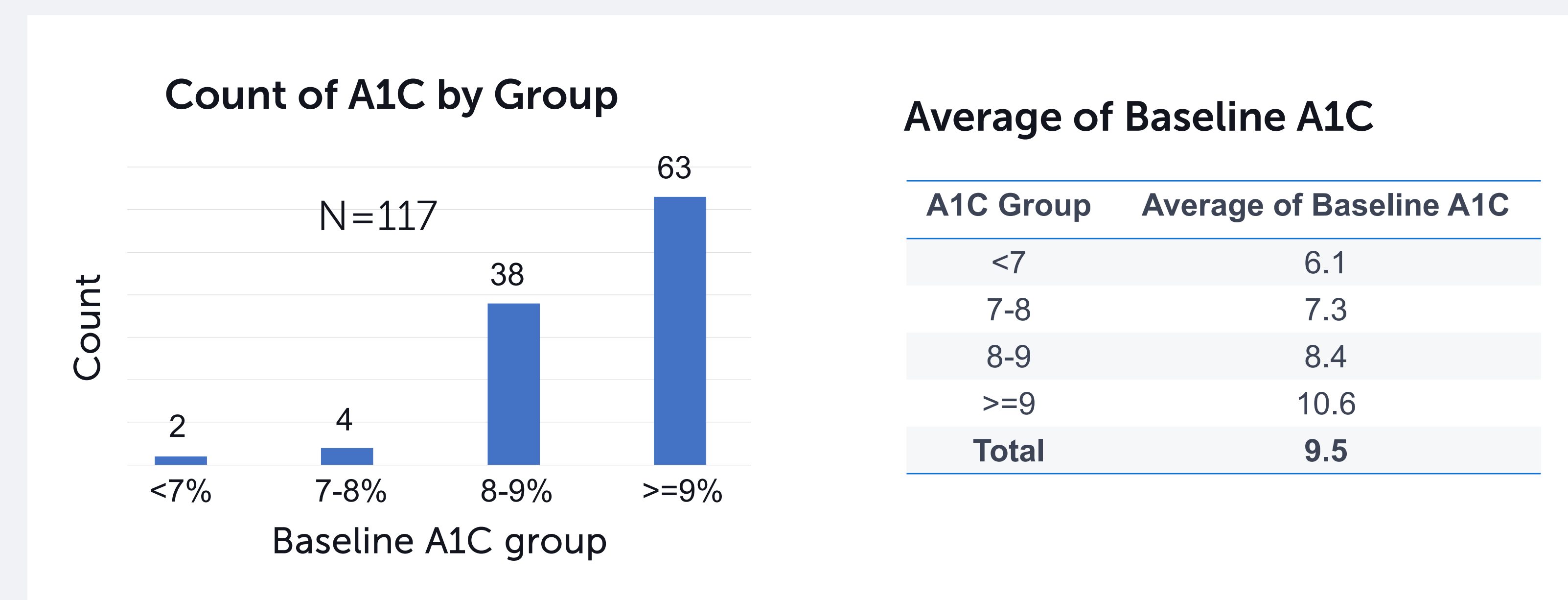


Figure 3: Overall Change in A1C by Baseline A1C Group

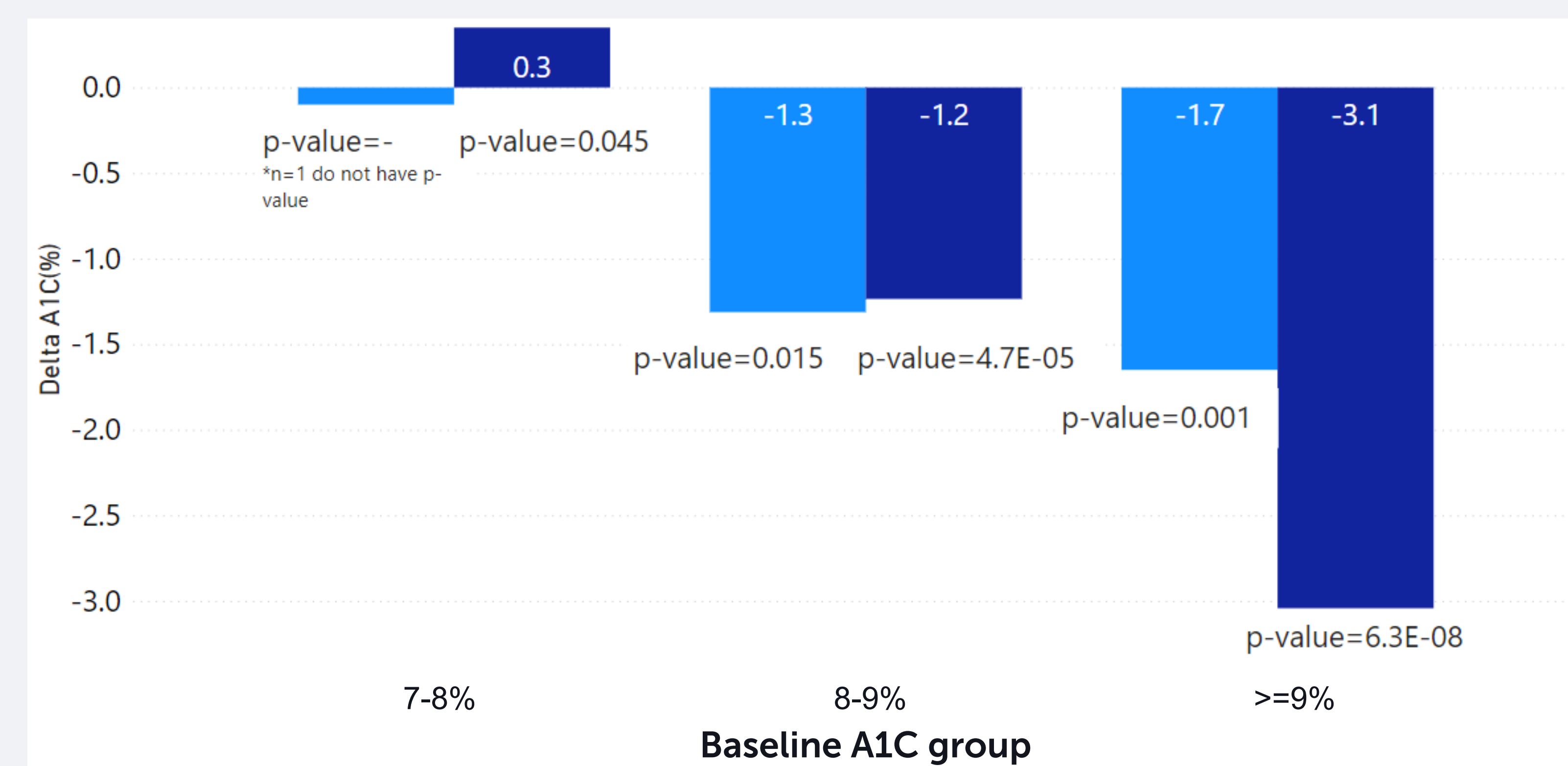
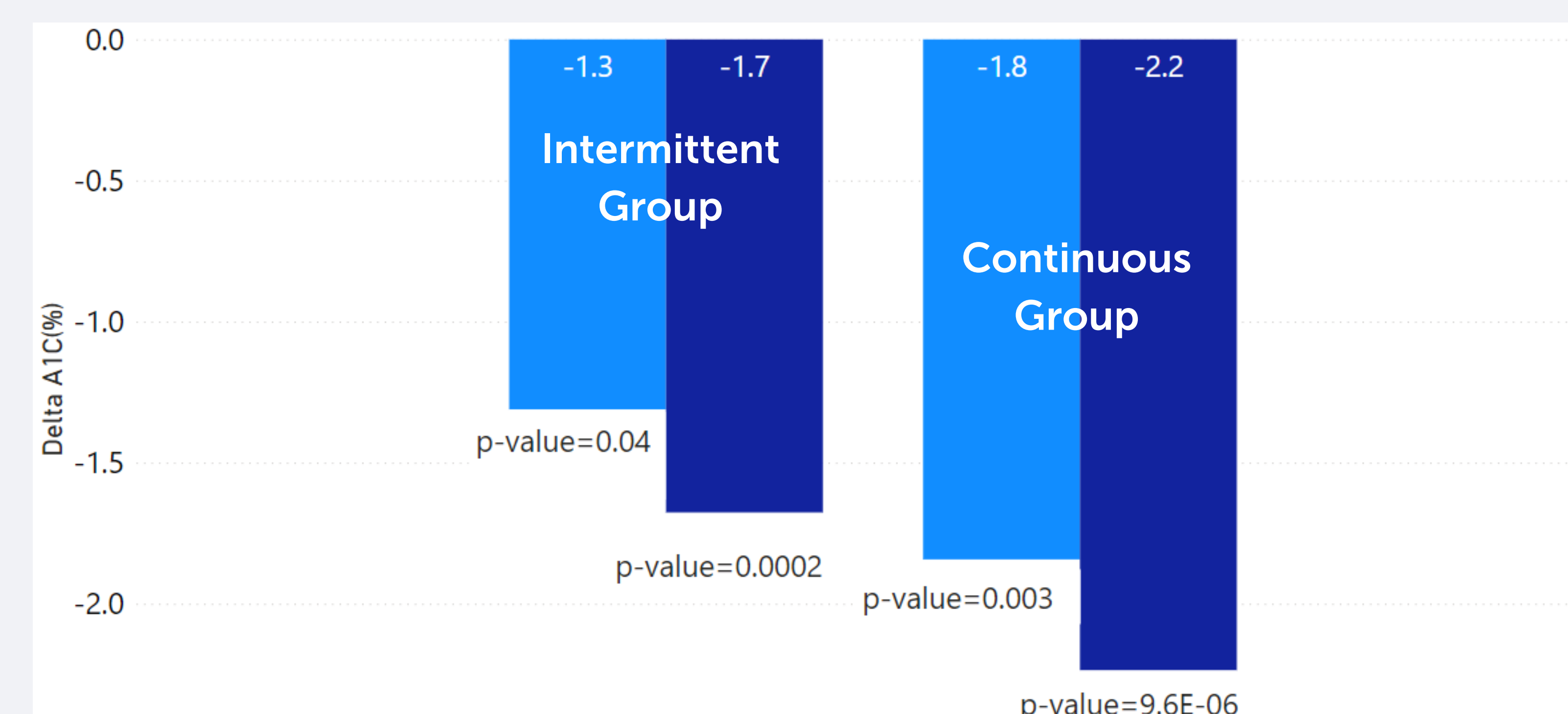


Figure 4: Change in A1C in Intermittent and Continuous Users



Change in A1C from baseline to 12 weeks (light blue bar)
 Change in A1C from baseline to 24 weeks (dark blue bar)

CONCLUSIONS

- The combination of rtCGM and a digital health solution significantly improved A1C after 12 and 24 weeks of use, irrespective of baseline A1C or degree of CGM wear
- As expected, the degree of A1C decrease was greater for users in the higher baseline A1C groups
- In addition, the degree of A1C decrease was greater for users in the continuous use group
- This data highlights the important role that digital health tools may have for rtCGM users
- Further analysis can be performed to identify where intermittent CGM use can be beneficial for certain demographics of users or those on different medication regimens

REFERENCES

- 1 Martens T, Beck RW, Bailey R, et al. Effect of Continuous Glucose Monitoring on Glycemic Control in Patients With Type 2 Diabetes Treated With Basal Insulin: A Randomized Clinical Trial. JAMA. 2021; 325(22): 2262-2272.
- 2 Quinn CC, Shardell MD, Terrin ML, et al. Cluster-randomized trial of a mobile phone personalized behavioral intervention for blood glucose control. Diabetes Care. 2011 Sep;34(9):1934-42.

*Welldoc[®] Diabetes and Welldoc Diabetes Rx is an FDA-cleared medical device ("BlueStar"), intended for use by healthcare providers and their adult patients with type 1 or type 2 diabetes. For full labeling information, visit www.welldoc.com.

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