MOBILE HEALTH AND DIABETES CARE

INTERCONNECTED DIABETES MANAGEMENT AIMS TO USE TECHNOLOGY, CONNECTED DEVICES, AND APPS TO SUPPORT DIABETES MANAGEMENT

CONNECTED BLOOD GLUCOSE METERS AND DIABETES MANAGEMENT APPS ENABLE THE SEAMLESS TRACKING OF BLOOD GLUCOSE RESULTS AND CAN HELP PROVIDE CONTEXT FOR PATIENTS

IN 2015, THERE WERE OVER 1,200 iOS AND ANDROID DIABETES APPS AVAILABLE:

- 71% of people with diabetes own a smartphone
- 42% of people with diabetes are using their smartphones for health or prescription drug information
- 52% of people with diabetes using a health or wellness app say they have changed their behavior as a result

DIABETES MANAGEMENT USING MOBILE APP COACHING AND WEB PORTALS CAN LEAD TO HbA1C REDUCTIONS:

<table>
<thead>
<tr>
<th>HbA1C REDUCTIONS OVER 12 MONTHS</th>
<th>Type 2 Diabetes patients in the usual care group (n=56)</th>
<th>Type 2 diabetes patients using mobile app coaching and web portals (n=62)</th>
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<tbody>
<tr>
<td></td>
<td>0.7%</td>
<td>1.2%</td>
</tr>
<tr>
<td></td>
<td>1.2%</td>
<td>1.9%</td>
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</tbody>
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2. S. Petrow. The app revolution for diabetics. Washington Post (June 2015)
3. Quinn C. et al., Diabetes Care. 2011. 34; 1934-1942