

Weight loss and lowered Rx doses



A 49-year-old woman in Kentucky with high blood pressure and diabetes was invited to enroll in the solution. She weighed 206 pounds and was on several medications at that time.



Challenge

She had an opportunity to better manage her blood pressure with a different medication, as well as lose weight to better control her A1C. She had tried to lose weight in the past unsuccessfully.

Solution

- Paired program with a commercial low-carb, ketogenic plan.
- Personalized coaching from registered dietitians, nutritionists and exercise physiologists.
- Cellular connected scale.
- Unique food logging – just take a picture!

Outcome after eight months

- **A1C decreased to 7.1** without using additional medication. Patients who decrease A1C have average annual healthcare costs \$2,500 lower than those that don't.¹
- Lost 30 lbs, reducing risk of adverse events and ER care.
- Change of and lower dose of blood pressure medication.
- Increased energy and motivation – **“The scale really helped me stay on track.”**

1 Bansal M, Shah M, Reilly B, Willman S, Gill M, Kaufman FR. Impact of Reducing Glycated Hemoglobin on Healthcare Costs Among a Population with Uncontrolled Diabetes. Appl Health Econ Health Policy. 2018;16(5):675-684. doi:10.1007/s40258-018-0398-2 x. Accessed 7.14.20

<https://pubmed.ncbi.nlm.nih.gov/29936685/>