Background

There is a growing interest for self-monitored, remote, on-demand, and easier access to patients with diabetes through the technology to improve self-management and reduce costs.1-2

Livongo Health, Inc., a new company founded in 2014, is revolutionizing patient care by offering an innovative home telemonitoring solution for people with diabetes. The core of the Livongo Diabetes program is a cellular enabled blood glucose meter to help patients with diabetes to seek coaching.

Methods

This is a cross-sectional study to describe the effectiveness of the coaching program offered by Livongo Health from March 2015 to March 2016. Demographic characteristics including age, gender, diabetes type and insulin use were compared between members who received coaching contact and those who did not. Mean values at Days 90, 180 and 270 are calculated for members with > 90 BG checks over 90 days from blood glucose readings.3 All means are sustained through 9 months thus far. Mean values at Days 90, 180 and 270 are calculated for members with > 90 BG checks over 90 days from blood glucose readings.3 All means are shown with 95% confidence intervals.

Results

1. Members who received coaching were more likely to be female, type 1 diabetes (past history of coaching and very good control).

2. Prior to coaching, the mean blood glucose was 196 mg/dL for members who received coaching.

3. Members who received coaching had a sustained reduction in calculated HbA1c compared to baseline. This lower HbA1c is shown with 95% confidence intervals.

Conclusions

1. Efficacy of the coaching session could be best validated with lab HbA1c before and after coaching contact.

2. This HbA1c improvement was sustained up to 6 months.

References


2. Cost-savings associated with medical claims or modelled by HbA1c reduction related to coaching

3. Members who received coaching had a sustained reduction in calculated HbA1c compared to baseline. This lower HbA1c is shown with 95% confidence intervals.