



# Dario digital solutions successfully engage seniors for improved clinical outcomes that last.

## Summary

A clinical study presented at the 20th Annual Diabetes Technology Society Meeting (DTS), examines whether the Dario digital therapeutic solution can contribute to better diabetes management in adults above age 65.

## Methodology

A population of 940 Dario users active for 12 months with non-insulin treated type 2 diabetes whose first-month blood glucose average was greater than 180 mg/dl was retrospectively evaluated. Clinical outcomes included average blood glucose, ratio of very high readings (>250 mg/dL) per total measurements, and the percentage of the population who reduced their average blood glucose below 169 mg/dL (equivalent to A1c 7.5%). Users were divided into two groups, one group aged 65 years and over, and second group below 65 years of age.

## Intervention

The Dario digital therapeutic solution consists of a mobile application, coaching, and glucometer integration allowing the user to log meals, carbs consumption, insulin intake, physical activity, and other parameters into a designated Dario App. The system allows adults with diabetes to observe the relationship between their behaviors and glucose measurements and supports them in changing behaviors tied to improved clinical outcomes. All the data collected on the Dario App is stored in the “cloud” and is synchronized with the Dario Engage™ platform for healthcare team members.

## Results



A high percentage of the 298 users in the 65 years and over group reduced and sustained their average blood glucose, and reduced their high readings. The results showed that the use of digital therapeutics for enabling health interventions and monitoring can be very successful regardless of age or technological ability. Observing and understanding the relationship between their behavior and their blood glucose measurement with real-time actionable information supports older adults in changing behaviors tied to improved clinical outcomes.

## Reference

The Effect of a Digital Therapeutic Platform on Glycemic Control in Adults above Age 65 with Type 2 Diabetes  
<https://www.dariohealth.com/wp-content/uploads/2020/11/MK-0280-RevA-DTS-2020-poster.pdf>