



DARIO EXECUTIVE BRIEF

Integrated Solutions Deliver Better Results for People with Mental and Physical Health Conditions



Stress, anxiety, and depression often arise in response to physical conditions, including common cardiometabolic disorders such as diabetes, high blood pressure, and obesity.

In fact, more than half of all people with behavioral health disorders also have a chronic physical condition. People with diabetes are 74% more likely to develop a behavioral health condition, such as depression.¹

Unfortunately, the link between behavioral health and metabolic health conditions goes in both directions. People with depression have a 40% higher risk of developing metabolic conditions than the general population.²

1. Infographic: Chronic Health Conditions and Mental Health | Mental Health America (mhanational.org)

2. Mental Health By the Numbers | NAMI: National Alliance on Mental Illness

Cardiometabolic Health is a Growing Problem

Research from 2018 showed that only 6.8% of people in the U.S. have optimal cardiometabolic health, which is determined by ideal body mass index and waist circumference ranges; normal blood pressure, blood sugar, and cholesterol without medication; and no evidence of prior cardiovascular disease.¹

Between 2000 and 2018, the percentage of U.S. adults with ideal body weight and normal blood sugar levels fell from 34% to 24% and 59% to 37%, respectively.²

Cardiometabolic Health Facts

2 out of 3

patients with diabetes will die of heart disease

50%

of Americans have diabetes or pre-diabetes

2x-4x

people with diabetes have a higher risk of cardiovascular disease

50%

of women with diabetes have a higher risk of fatal heart disease associated with diabetes

Helping People Manage their Mental and Physical Health

Dario is studying correlations among co-occurring conditions that can help determine better digital health management protocols.

A study published in the Journal of Medical Internet Research (JMIR) provides solid evidence that a single, integrated digital health platform is more effective than separate point solutions. And additional research, presented at the American Diabetes Association's (ADA) 82nd Scientific Sessions in June 2022, validates and expands on those findings.

One study examined the outcomes of Dario members living with high-risk diabetes and self-reported stress and/or depression. The findings revealed that these members achieved a 13% reduction in average blood glucose levels after one year.

Dario members use the platform to manage an average of 2.4 health conditions each.

"Our deepening knowledge about the importance of a single solution approach has enormous potential to change the way people manage both physical and behavioral health conditions," says Yifat Hershcovitz, PhD., Scientific and Clinical Director at Dario. "We're proud to share these and future insights with the scientific community."

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Clinical Research Validates Effectiveness

1.4%A1c reduction
after 12 months**38%**blood pressure
reduction by
one stage**10%**reduction in
Body Mass
Index (BMI)**59%**average
reduction in
depression**48%**average
reduction in
anxiety

Unified solutions that make it easy for users to take readings, track activities, view educational content, and connect with a health coach—while using data analytics to help keep users on track—will go a long way to helping people reduce or eliminate the risk factors that increase the risk of physical disease and behavioral health disorders.

Point solutions, on the other hand, which require separate logins, separate screenings, and separate coaching—not to mention an inability to share data to promote a holistic understanding of individual health—are simply not designed to engage people who struggle with multiple conditions.

While most digital health management solutions see drop-off rates of 43% or more after two months, Dario's focus on convenience and engagement leads to the kind of behavior change that generates long-lasting results.

About Dario

Founded in 2011 as a direct-to-consumer digital health provider, Dario perfected its solution with real users before selling to employers, health plans, and providers. Dario's proven and popular solution makes it easy for people to care for their health, with continuous and connected digital support that meets and anticipates individual needs, understands personal motivators, and facilitates engagement and behavior change.

Learn more at dariohealth.com.

[Contact us](#) for more information or to schedule a demo.