



# Digital Tools Make Health Equity an Achievable Goal

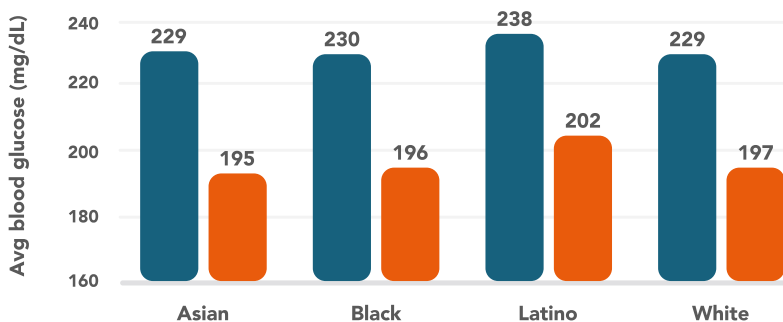


New research from Dario offers good news for employers and health plans developing health equity initiatives: digital therapeutics can help level the playing field.

## Ethnic Equity

A retrospective study of 1,000 high-risk Dario users (48% male and 52% female) with type 2 diabetes, for example, showed no appreciable differences in outcomes by race or ethnicity. All ethnic groups surveyed reduced their average blood glucose by about 15% over the course of a year.

**A change in average blood glucose levels in different ethnic groups**



- 1<sup>st</sup> month avg
- 12 month avg

Figure 1:  
The graph presents the change in average blood glucose over a year of using Dario platform by ethnic groups (P<0.005)

# Dario & Diverse Populations

**26%**  
of Dario users are  
**65 and older**

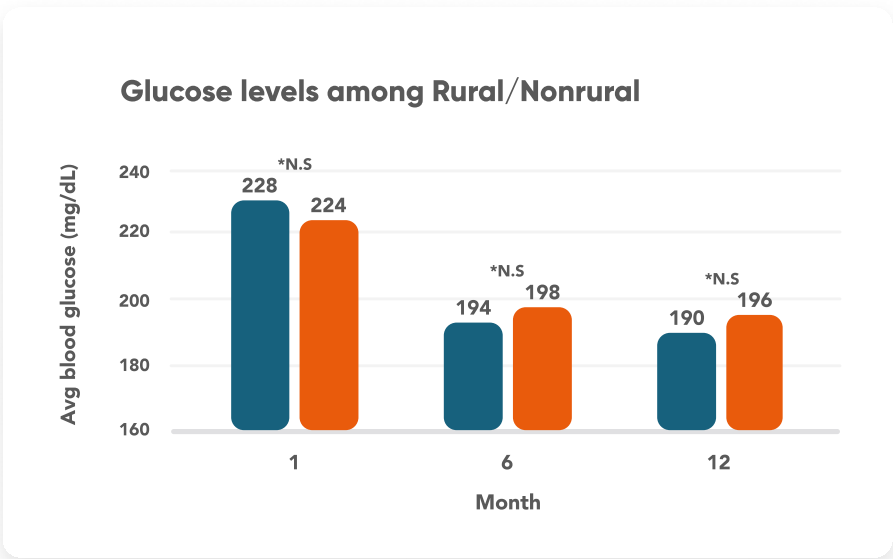
**1 in 3**  
of Dario users are  
**Black, Asian,  
or Hispanic**

**20%**  
of Dario users are from the  
**lowest socioeconomic  
quintile zip codes**

These results are important because African Americans, Hispanics, American Indians, and some Pacific Islanders and Asian Americans are all at higher risk for developing type 2 diabetes.<sup>1</sup> Blacks are almost twice as likely as whites to develop type 2 diabetes by middle age, and those who get it are significantly more likely to suffer from blindness, kidney disease and amputations, and other complications.<sup>2</sup>

## Geographic Equity

Rural residents often have less access to care and worse health behaviors and outcomes than their nonrural peers. But another retrospective data study—which evaluated 1,333 active Dario users with type 2 diabetes in rural and nonrural environments—showed that both groups were able to significantly reduce average blood glucose levels over the course of a year. The nonrural group achieved a 17% reduction, while the rural group achieved a 13% reduction.



■ Nonrural  
■ Rural

Figure 2:  
The Chart represents Average (Avg) Blood Glucose Levels over time in Rural and Nonrural populations. Months 1, 6, 12 are indicating the month of platform usage.

1. American Diabetes Association  
2. <https://www.aarp.org/health/healthy-living/info-2018/role-of-race-in-diabetes.html>

## Why Digital Therapeutics Eliminate Disparities

Both studies show that digital therapeutics platforms have the potential to reduce disparities by providing access to educational content, putting people in contact with human coaches, and facilitating valuable self-management behaviors in between doctors' visits. Offering digital health management tools to underserved populations with diabetes and other chronic conditions will go a long way towards improving their health, cutting healthcare costs, and minimizing the impact of lost work and wages.

## Dario's DEI DNA

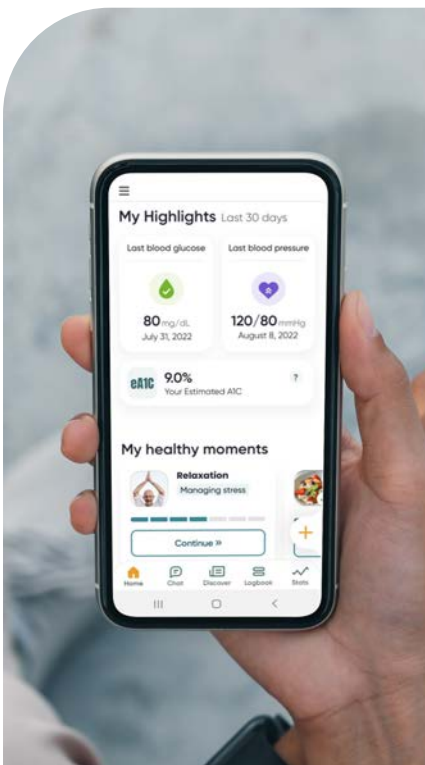
Dario's commitment to diversity, inclusion, and health equity follows these key principles:

### Embrace Differences

- Culturally aware food-tracking engine
- Mobile app access in 6 different languages
- Coaches trained in the RESPECTFUL model, which takes individual racial, religious, economic backgrounds, sexual identities, and life stages into account

### Improve Continuously

Through ongoing research, trend monitoring, and user surveys, Dario continuously updates its digital therapeutics solutions to be as inclusive and relevant as possible to each individual user.



## 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](https://dariohealth.com).

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