

# WELLTHY CARE™, A DIGITAL THERAPEUTIC IMPROVES PHYSICAL ACTIVITY AND LOGGING PATIENT JOURNEY DATA IN PATIENTS WITH TYPE 2 DIABETES IN INDIA.

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## AIM

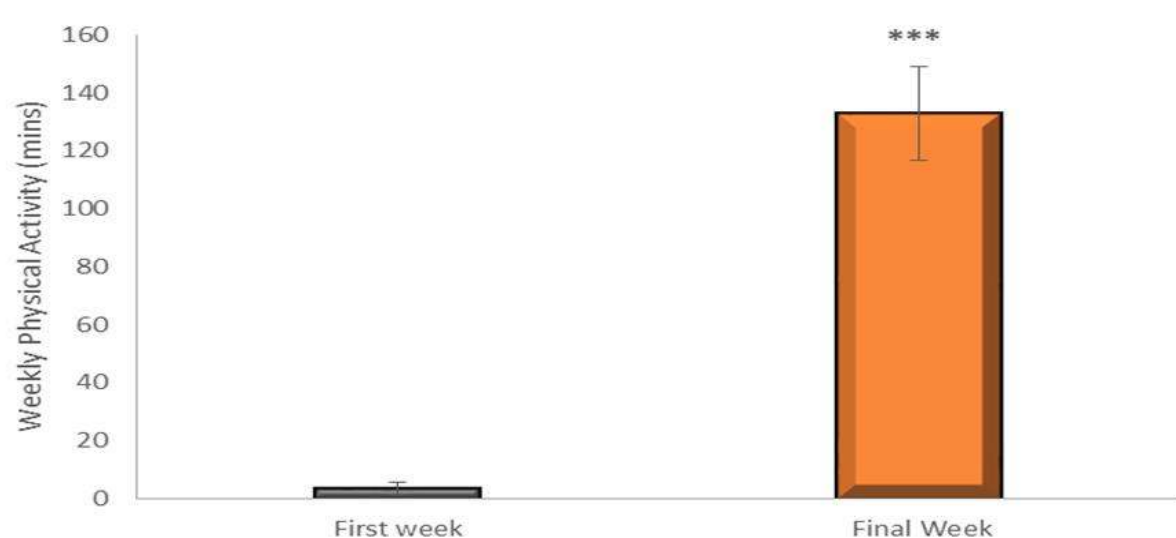
The amount of physical activity among patients in India is very poor. We evaluate the effectiveness of the Wellthy Care™ (WC) digital therapeutic (DTx) in changing health behaviour to improve physical activity by coaching and nudging them with the help of an artificial intelligence (AI) powered chatbot.

## METHODS

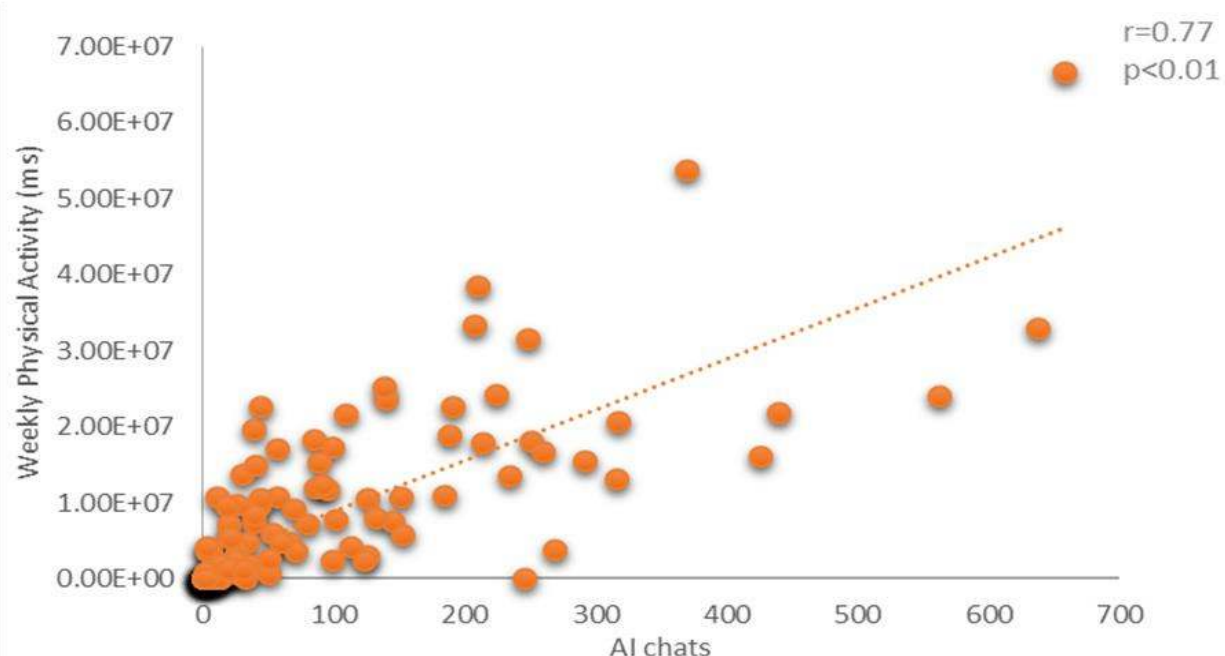
We used de-identified data from 130 participants enrolled in a 16-week lifestyle modification program delivered through WC. The program was developed in lines with the AADE7™ guidelines and in collaboration with the RSSDI, and included artificial intelligence powered real-time feedback and coaching from a remote health coach (HC).

## RESULTS

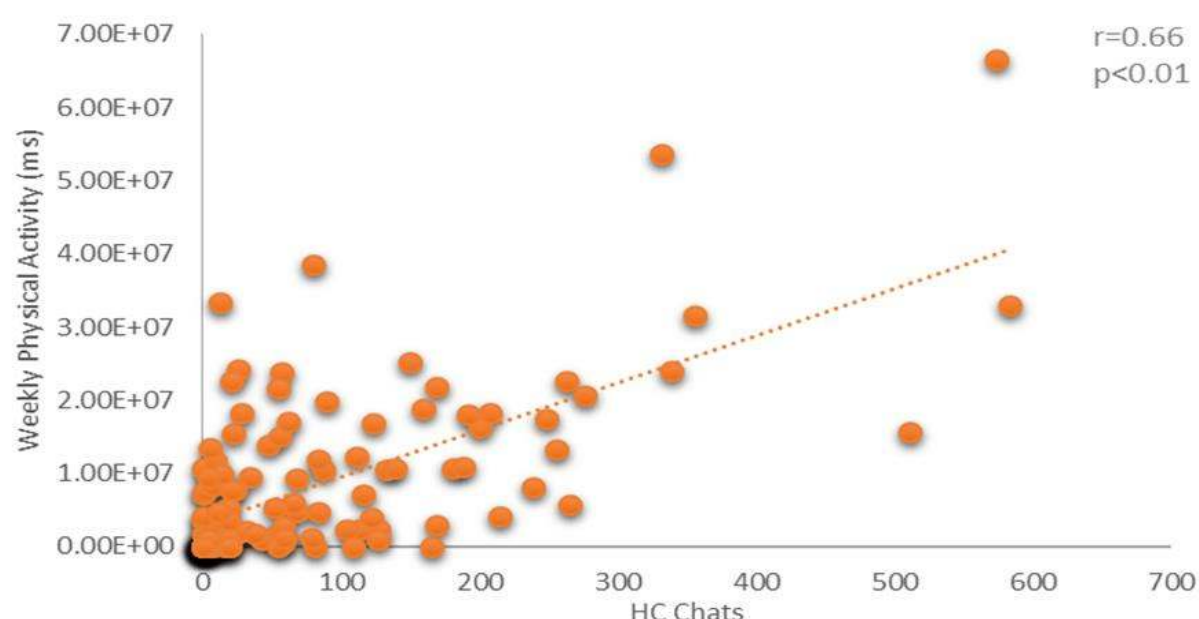
**WEEKLY PHYSICAL ACTIVITY AT THE START AND END OF THE PROGRAM**



**CORRELATION BETWEEN AI CHATS AND WEEKLY PHYSICAL ACTIVITY**



**CORRELATION BETWEEN HC CHATS AND WEEKLY PHYSICAL ACTIVITY**



## INTERVENTION



## CONCLUSION

The results confirm that an AI-powered digital therapeutic like WC can be an effective prescriptive tool for physicians to help their patients improve physical activity and to gain insight into that patient's lifestyle journey between two appointments.