

Member avoids costly knee replacement



A 57-year-old man in Maryland with high cholesterol was invited to enroll in our obesity digital solution. He weighed 254 pounds and was recently told that he likely needed knee replacement surgery.



Challenge

Late to fill on his cholesterol medications and had an opportunity to lose weight. He had tried to lose weight for many years and had not been successful.

Solution

- Paired program with a commercial provider delivering prepared meals to his home
- Personalized coaching from registered dietitians, nutritionists and exercise physiologists
- Started working out 3x a week

“[The program is a] good reminder to keep eye on weight. Most programs don’t encourage weighing every day.”

Outcome after eight months

- Lost almost 35 pounds
- Increased energy level

Avoided knee replacement surgery, which costs an average of \$57k and 4-6 months recovery time



Weight loss and lowered Rx doses

A 49-year-old woman in Kentucky with high blood pressure and diabetes was invited to enroll in the program. She weighed 206 pounds and was on several medications at that time.



Challenge

She had an opportunity to better manage her blood pressure with a different medication, as well as lose weight to better control her A1C. She had tried to lose weight in the past unsuccessfully.

Solution

- Paired program with a commercial low-carb, ketogenic plan
- Personalized coaching from registered dietitians, nutritionists and exercise physiologists
- Cellular connected scale
- Unique food logging – just take a picture!

Outcome after eight months

- **A1C decreased to 7.1** without using additional medication. Patients who decrease A1C have average annual healthcare costs \$2,500 lower than those that don't.¹
- Lost 30 lbs, reducing risk of adverse events and ER care.
- Change of and lower dose of blood pressure medication.
- Increased energy and motivation – **“The scale really helped me stay on track.”**

1 Bansal M, Shah M, Reilly B, Willman S, Gill M, Kaufman FR. Impact of Reducing Glycated Hemoglobin on Healthcare Costs Among a Population with Uncontrolled Diabetes. Appl Health Econ Health Policy. 2018;16(5):675-684. doi:10.1007/s40258-018-0398-2 x. Accessed 7.14.20
<https://pubmed.ncbi.nlm.nih.gov/29936685/>



Weight loss and no more joint pain

A 63-year-old man in Michigan with pre-diabetes, hyperlipidemia and high blood pressure was invited to enroll.



Challenge

While adherent to his medications, there was an opportunity for him to lose weight. He had not tried to lose weight in the past and was gaining weight around his waistline.

Solution

Began program, including use of the smart scale, which significantly motivated him as he was a self-proclaimed “data-driven” individual. Personalized coaching from registered dietitians, nutritionists and exercise physiologists

Outcome after eight months

- Lost 20 pounds
- Joint pain relieved
- Reduced risk of surgery and developing diabetes

“My ankle pain went away with the weight loss.”



Members lost 209,249 pounds

In the first eight months of the program, 25,635 enrolled members dropped a total of 209,249 pounds.



Challenge: Obesity is a national epidemic, impacting medical spend and productivity. Plus, obesity substantially raises an individual's risk of developing type 2 diabetes, coronary heart disease and hypertension, among other serious conditions.¹

Solution

- Cellular connected scale
- One-on-one coaching for motivation and food recommendations
- Unique food logging – just take a picture!

Outcome

- Enrolled members lost an average of 8.2 pounds.
- Internal studies shows plan sponsors **saved \$70/month** in medical costs on actively engaged members²
- External studies show 1% of weight loss is associated with a **\$256 decrease in total health care cost**³

Everything can be done at home and online – convenient for members and perfect for business travelers.

¹ National Institutes of Health

² Livongo internal data, 2019

³ Current Medical Research and Opinion; 23:9, 2157-2169