



When smart mobile technology meets good science

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One point I thought worth mentioning was that the best mobile health tools are supported by strong clinical research. One example: WellDoc's DiabetesManager. The study, which was published in the September 2011 issue of the journal *Diabetes Care*, found that the group whose doctors had access to clinical decision support saw their A1c levels decline by 1.9 percentage points, while patients in the control group had a median reduction of only 0.7 percentage points. A more recent mobile technology experiment reported in the *Archives of Internal Medicine* also emphasized the value of good research support. [Full story](#)