

mHealth: WellDoc Program Reduces Hospital Visits Among Diabetes Patients

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By Michael

According to an announcement this week at the mHealth Summit, George Washington University Center's Dr. Richard Katz revealed that WellDoc's mobile health program DiabetesManager reduced ER visits and hospital stays by 58 percent year over year.



If you're not familiar with the platform, DiabetesManager is a software-based medical device cleared by the FDA and powered by a proprietary Automated Expert Analytics System.

The demonstration program, titled DC HealthConnect, was part of the Chronic Care Initiative sponsored by the DC Department of Health (DOH) and was conducted by the George Washington University Medical Center under the supervision of Dr. Katz.

"We're excited about the potential to drive down the costs of ER visits and hospitalization stays, while improving patient health," Dr. Katz said.

The DC HealthConnect project followed 32 patients recruited by the Chartered Family Health Center in Washington, DC. This real-world demonstration project confirmed the positive impact that real-time, cell phone based diabetes management, powered by an Automated Expert Analytics System, can have on a Medicaid population.

In 2010, Medicaid covered nearly 53 million people and accounted for about 16 percent of all health care spending. Patients in the program used their own cell phones and were offered a \$20 monthly discount for their phone plan.

What's more, "exit surveys indicated patients were highly satisfied with the WellDoc DiabetesManager," the report showed.