

Helping members achieve diabetes remission

What is diabetes remission?

The American Diabetes Association considers remission to be achieved when an individual with type 2 diabetes sustains normal blood glucose levels of less than 6.5% HbA1c for three months without the aid of a diabetic medication.^[1]

However, remission isn't the end of the story. It's unclear how long diabetes remission may last or its effect on related health issues like death rate and heart health. For that reason, many clinicians do not recommend saying diabetes has been "reversed" or "cured." Follow-up is essential for monitoring blood glucose levels and for keeping an eye on potential diabetes complications.^[2] People in remission also need to continue with lifestyle interventions, even when their numbers are good.

What does it take to achieve diabetes remission?

Significant weight loss, physical activity, and sticking to the right diet can reduce the fat levels of the pancreas and liver, which enables them to function as they should, including regulation of blood sugar levels. The closer one is to diagnosis, the higher the chances of successful remission – but there is a ten-year window post diagnosis (after that, it's less common).^[3]

1. Riddle MC, Cefalu WT, Evans PH, Gerstein HC, Nauck MA, Oh WK, Rothberg AE, Le Roux CW, Rubino F, Schauer P, Taylor R, Twenefour D. Consensus Report: Definition and Interpretation of Remission in Type 2 Diabetes. *Diabetes Care* 2021 Oct 1;44(10):2438–2444. doi: 10.2337/dci21-0034

2. Type 2 Diabetes Remission Is Possible. Here's How to Do It | Time

3. Type 2 Diabetes Remission Is Possible. Here's How to Do It | Time

The DiRECT (Diabetes Remission Clinical Trial) study ^[4]

People living with type 2 diabetes took part in a low-calorie, weight management, diet-based program.

36%

of participants were in remission two years after taking part in the program

5 YEARS LATER

13%

of people were still in remission, according to an extension of the study

However, the study also highlighted that keeping the weight off and staying in remission can be challenging, with most people unable to keep off the extra pounds.

Dario data demonstrates support for diabetes remission

Dario is able to support members who are trying to realize the goal of diabetes remission. The solution is designed for personalization, giving each member the right tools at the right time for success.

We studied 7,240 individuals with type 2 diabetes using Dario to help manage their condition without the help of insulin for at least 6 months.

31%

of Dario members with type 2 diabetes achieve results reflecting diabetes remission

ADA 2024



This new research shows that when we empower people with the right solution, we are giving them the ability to do so much more than control their blood glucose; they are able to make incredibly hard changes to accomplish their health goals.



Yifat Hershcovitz, PhD.

Vice President of Clinical and Scientific Affairs, Dario

4. Weight loss can put type 2 diabetes into remission for at least 5 years, direct study reveals | Diabetes UK

Results

31%

of Dario members experienced blood glucose levels reflecting the goal of diabetes remission, with average blood glucose readings of less than 140 mg/dL (A1c 6.5%), and a 15% reduction in blood glucose levels during a three-month period

70%

of Dario members who achieved a blood glucose level of less than 140 mg/dL in their last month of usage maintained it for three-month period, indicating behavior change and improved long-term glycemic control



Lifestyle activities as shown by logged meals and physical activity moderated the reduction in average blood glucose levels and high readings ratio in high-risk users



We want every member to find value in Dario, and for those who seek remission, we can confidently say we can help them achieve this goal. This is also extremely important for our clients as we can demonstrate once again that our highly personalized approach to engagement delivers best-in-class outcomes to support chronic condition management goals.



Omar Manejwala

M.D., Chief Medical Officer, Dario

The key to success? Holistic support for sustainable change.

The key to better health outcomes is high enrollment and sustained engagement. We see exceptional user satisfaction and results, due in part to our tech-enabled features, including an 80% user retention rate year over year and an average of 4.9 stars from tens of thousands of app store reviews. These tools were designed to fit into a member's daily life, meeting them where they are.

GLP-1 BEHAVIOR CHANGE PROGRAM

Personalized experience that optimizes digital support

APPLE HEALTH + DEXCOM COMPATIBILITY

Members can get an integrated view of all their numbers

DARIO GUIDES

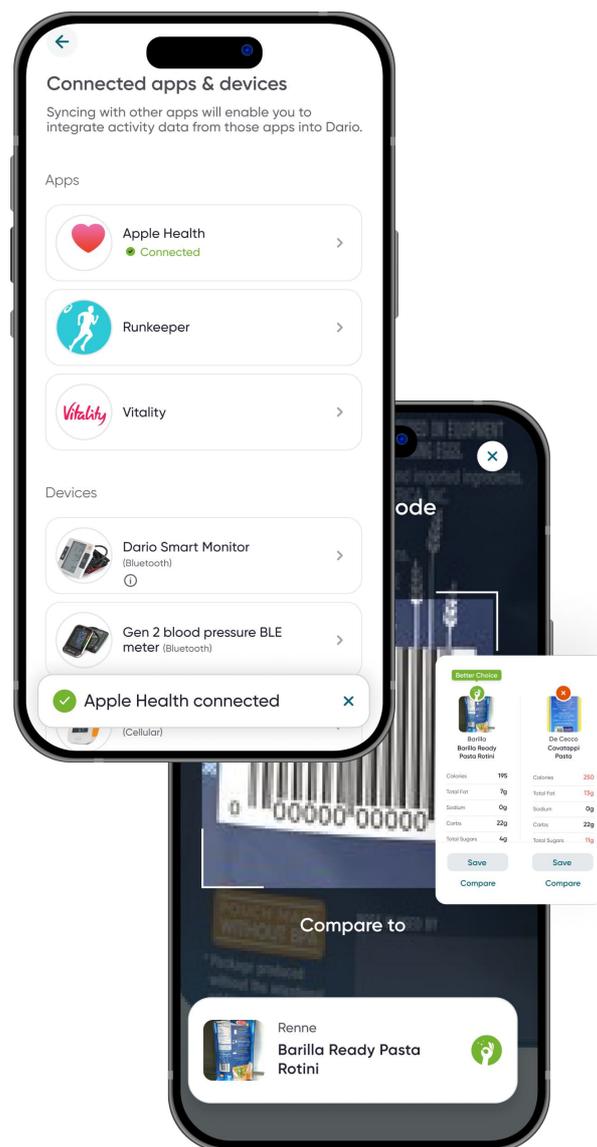
Educational content and actionable challenges designed help busy members build sustainable habits

GROCERY SCANNER & CARE KITCHEN

Tailored recommendations for products and recipes for each member's dietary needs

FOOD MENU

Members can easily track what they eat and check the nutritional value of different foods



More new research is on the horizon

Dario is continuously validating and enhancing our solutions with ongoing research and insights. Our body of research demonstrates our ability to deliver best-in-class results across a wide range of conditions and populations.

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

Contact us for more information or to schedule a demo

