



Study Demonstrates Remote CGM Initiation Successful at Improving Diabetes Outcomes and Quality of Life

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Cecelia Health worked with The Jaeb Center for Health Research (JCHR) with support from The Helmsley Charitable Trust on a study that demonstrated successful remote continuous glucose monitor (CGM) initiation and sustained CGM use to improve diabetes outcomes and quality of life for people living with diabetes. This approach could substantially increase the adoption of CGM.

Despite the significant benefits of using CGM to help with diabetes management, many individuals with diabetes do not currently use a CGM device. Lack of access to trained diabetes care professionals and perceived complexity of CGM device onboarding and training are established barriers to wide adoption.

Results of the study showed that CGM could be successfully initiated remotely, without a clinic visit. Certified Diabetes Care & Education Specialists (CDCES) from Cecelia Health helped people living with type 1 and type 2 diabetes choose a CGM device, provided education to empower them to use the CGM and interpret its data, and to use that data to balance the use of insulin, exercise, and nutrition to better manage their diabetes and improve their quality of life. This study illustrates that adults with diabetes can be trained virtually to use CGM devices as an integral part of their diabetes self-management.

The 34 study participants had no CGM experience in the previous 24 months and were provided with a choice of using either Dexcom G6 or Abbott Freestyle Libre for the 12-week study. Results included a 100% persistence rate across the participants, who used the CGM throughout the study. A mean HbA1c reduction of 1.1 points (12%) was observed after 12 weeks. Additionally, participants experienced reduced diabetes distress, increased satisfaction with glucose monitoring, and fewer perceived technology barriers to CGM usage.

If widely implemented, a virtual clinic approach could substantially increase the adoption of CGM devices by people with diabetes and positively impact outcomes related to the condition.

“This study demonstrates that the right combination of technology and personalized coaching from expert clinicians is a highly effective way to manage diabetes and other chronic conditions,” stated Cecelia Health’s Chief Medical Officer, Dr. Arnold Saperstein, “Our goal is to use this study as a first step towards building a virtual diabetes and mental health clinic that can benefit people living with diabetes and our customers by driving down the cost of care.”

According to a 2020 study published by the CDC, 34.2 million Americans currently have diabetes and an additional 88 million (approximately 1 in 3) have pre-diabetes. A new case is diagnosed every 21 seconds, while the cost of diabetes reached \$327 billion in 2017 and accounts for roughly 10% of annual U.S. healthcare expenditure. It has become an epidemic and it is showing no signs of slowing down.

Accordingly, the CGM market has seen exceptional growth over the past few years, with manufacturers such as Dexcom (NYSE: DXCM) and Abbott (NYSE: ABT) experiencing a surge in demand for CGM technology given the significant clinical benefits of such devices. Dexcom reported record 4Q19 sales of \$463 million, an increase of 37% from last year, while Abbott Diabetes Care reported worldwide sales of \$534 million, an increase of 58.5% from last year.

"I started Cecelia Health with a mission to educate and empower people living with diabetes to take control of managing their own condition" said Cecelia Health CEO and Founder, David Weingard. "Providing high quality diabetes and mental health care via telemedicine at scale is necessary to help people with diabetes regardless of where they live, and we're excited to use this approach to revolutionize diabetes and other chronic condition management."

Combining CGM technology with virtual access to highly qualified expert clinicians and mental health professionals builds the framework for a unique approach to virtual care that is geared toward improving the lives of people living with diabetes and other chronic diseases.

About Cecelia Health

Cecelia Health's mission is to positively transform the lives of people living with diabetes and related chronic disease states. Cecelia Health's Certified Diabetes Care & Education Specialist (CDCES) and other expert clinicians use Cecelia Health's proprietary technology-enabled personalized coaching solution to optimize health outcomes at a low cost per patient and provide unique data-driven insights to health plans and ACOs seeking to improve quality measures, and pharmaceutical and medical device companies seeking to improve adherence. Cecelia Health has also engaged in numerous joint initiatives with the JDRF, American Diabetes Association, the Diabetes Research Institute, the Association of Diabetes Care & Education Specialists, and The Helmsley Charitable Trust.