

# Sustainable Weight Loss and Health Benefits in Obesity Care: 18-Month Real-World Results in a Virtual Care Setting

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This 18-month real-world data analysis demonstrates that Yazen Health’s fully digital care model, integrating pharmacological treatment and lifestyle intervention can provide effective, sustainable results in a real-world setting.

### Summary

Patients achieved a weight reduction of 16.6%, accompanied by improvements in metabolic health markers including laboratory values, despite medication supply limitations and without using the maximum recommended dose of semaglutide. 70% remained in the program after 12 months. Weight loss outcomes were comparable to those observed in RCTs such as the STEP trials<sup>1–2</sup>.

### Study design & population



Real-world retrospective



2.008 patients based in Sweden

♀ 1553 ♂ 455



Most patients treated with GLP-1



BMI 30 or ± 27 with weight-related health problems



Mean initial BMI: 33.5 (SD 4.9)



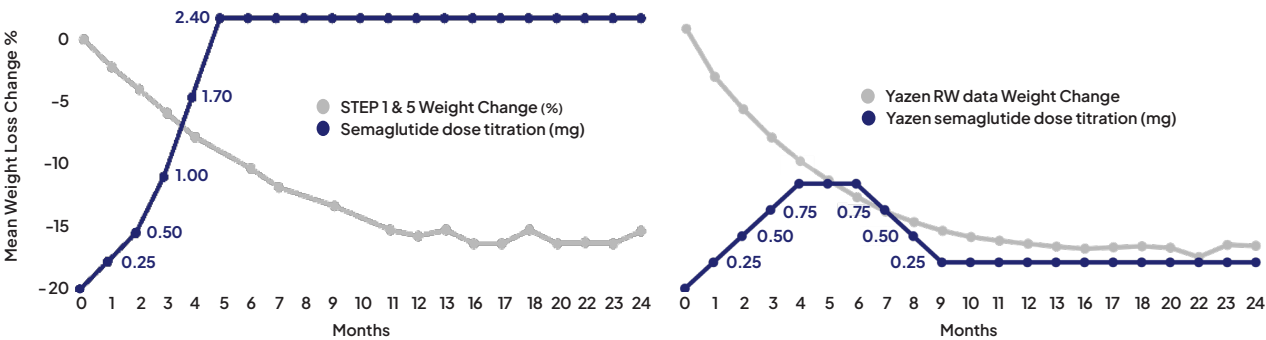
Mean age 48.9 years (SD 10.4)



Real-world data follow-up

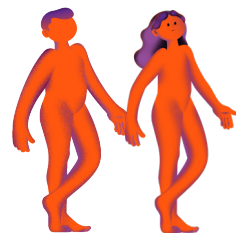
### Yazen intervention method compared to traditional methods

In STEP trials<sup>1–2</sup>, GLP-1 dose is titrated to 2.4 mg and maintained long-term, regardless of weight loss achieved. Yazen apply individualised dose adjustments throughout treatment. Aim is to maintain patients on the lowest effective maintenance dose of GLP-1 therapy.

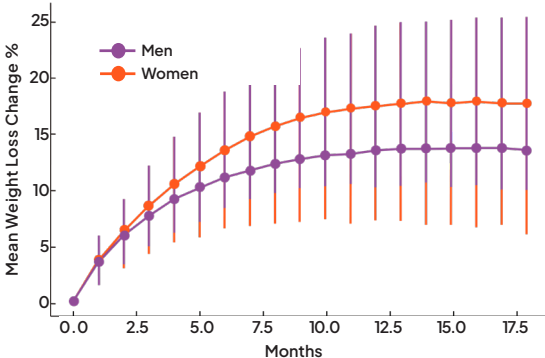


### Weight loss was greater in women than in men

The difference is consistent with previous findings from STEP-trials<sup>1–2</sup> with semaglutide and the SURMOUNT-trials<sup>3</sup> with tirzepatide, where a higher proportion of women achieved a 15% or greater weight reduction than men.



-13.4%\* -17.6%



\*p < 0.001

**Yazen**  
Proven weight control. For life.

1. Wilding et al. 2021. Once-Weekly Semaglutide in Adults with Overweight or Obesity N Engl J Med 2021;384:989–1002.DOI: 10.1056/NEJMoa2032183.  
2. Wharton et al. 2023. Two-year effect of semaglutide 2.4 mg on control of eating in adults with overweight/obesity: STEP 5. Obesity (Silver Spring). 31(3):703–715. doi:10.1002/oby.23673.  
3. Wadden et al. 2023. Tirzepatide after intensive lifestyle intervention in adults with overweight or obesity: the SURMOUNT-3 phase 3 trial. Nat Med. 29(11):2909–2918. doi: 10.1038/s41591-023-02597-w.

## INTRODUCTION

Obesity is a chronic disease requiring comprehensive, lifelong management. Digital care for obesity offers numerous benefits for patients and providers, including improved accessibility, convenience, and the potential for better treatment outcomes through continuous support and holistic care.

## METHOD

This retrospective real-world study evaluated outcomes from **2,008 patients**, assessing changes in weight, fat mass, waist circumference, blood pressure, and laboratory markers. All patients were treated for **18 months** through Yazen Health's digital care service. Of these, 455 were men and 1,553 were women. For inclusion, patients had a BMI of at least 30 kg/m<sup>2</sup> or  $\geq 27$  kg/m<sup>2</sup> with weight-related health problems. The mean initial BMI was 33.5 (SD 4.9), and the mean age was 48.9 years (SD 10.4). Patients recorded weight and other metrics and received continuous support through the Yazen app. **The care model integrates a multidisciplinary team, comprising physicians, health coaches, dietitians, psychologists, and personal trainers.** Most patients were treated with different GLP-1 analogues and received lifestyle interventions through the app. Medication doses were gradually increased to minimize side effects. Baseline laboratory tests were taken, followed by additional tests at 6 and 15 months. Weight and anthropometric variables were measured monthly.

## RESULT

**The cohort achieved significant weight loss**, with mean reductions of 8.3% after 3 months, 12.9% after 6 months, 15.5% after 9 months, 16.4% after 12 months, 16.7% after 15 months, and 16.6% after 18 months. Weight, waist circumference, and fat mass decreased continuously up to 12 months, after which a plateau was observed with no further significant changes between 12 and 18 months. Women demonstrated greater weight reduction compared to men (17.6% vs. 13.4% after 18 months,  $p < 0.001$ ). **Significant improvements in blood pressure, blood lipids, liver enzymes, glucose, and HbA1c levels were observed**, progressing gradually from baseline and reaching substantial levels by 12 months, reflecting enhanced metabolic health.

## CONCLUSION

This 18-month retrospective study demonstrates the effectiveness of a digital, team-based, holistic care approach for sustainable weight loss and health improvements in patients with obesity. In the STEP 1 and STEP 5 studies conducted by Novo Nordisk, participants with obesity were treated with semaglutide, with doses gradually increased to 2.4 mg. The STEP 1 trial reported an average weight reduction of approximately 14.9% after 68 weeks (about 16 months) of treatment, and the STEP 5 trial demonstrated a mean weight loss of over 15% from baseline through 104 weeks (2 years). While direct comparisons should be interpreted cautiously due to differences in study designs, populations, and treatment modalities, **the outcomes observed in Yazen Health's digital care model—which integrates lifestyle interventions with individualized pharmacological treatment—suggest a comparable or potentially favorable effectiveness when considering real-world settings.**

*Conflict of Interest: Martin Carlsson is a co-founder and employee of Yazen Health, but also holds an academic position as Associate Professor at Linnaeus University. Elin Skoglund, David Buchebner and Kristofer Rigner are all employees of Yazen Health.*