

Examining the effectiveness of a new digital care model on weight loss for people living with obesity

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Embracing digital tools for remote treatment – 12.6% weight loss after 6 months and improved health.

Conclusion

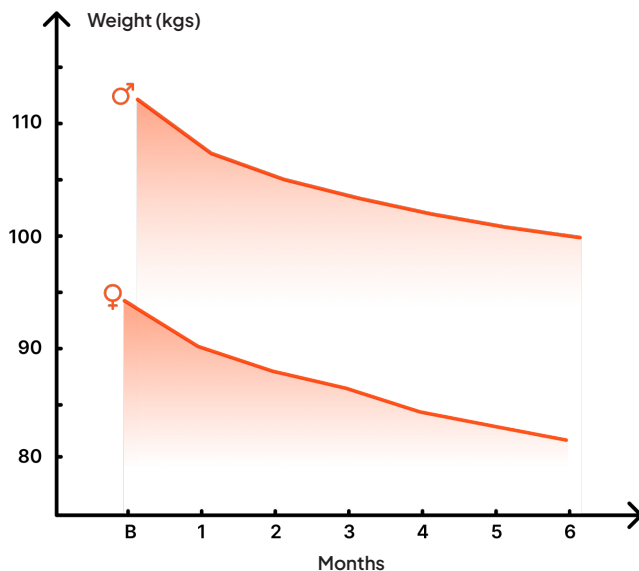
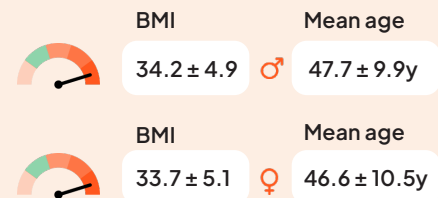
The use of a telemedicine platform specifically developed for obesity care combined with pharmacological treatment with different GLP-1 analogues and lifestyle intervention resulted in 12.6 % weight loss after 6 months and improved metabolic profile. By embracing the capabilities of digital technology, healthcare providers can offer a level of care that is effective for managing patients living with obesity.

Study design & population

Real-world retrospective study

2608 patients based in Sweden

78% women



Results

Significant improvement in weight-related and cardiometabolic measures such as:

- ✓ Blood pressure
- ✓ Glycated haemoglobin
- ✓ Fasting glucose & lipid levels
- ✓ Liver enzymes
- ✓ Testosterone (men)

Mean weight loss (percentage) after 1, 2, 3, 4, 5 and 6 months was 4.3; 6.6; 8.1; 10.1; 11.4 and 12.6%.

Yazen Proven weight control. For Life.

Listen to Dr. Elin Skoglund present the study on our website:



INTRODUCTION

Telemedicine and asynchronous virtual appointments for patients living with chronic medical conditions have been increasingly used to overcome distance barriers and improve access to medical care. The patient perspective is largely positive, with many patients appreciating the convenience and accessibility it offers. Through digital platforms, healthcare professionals can monitor patient data, adjust treatment plans, and provide personalized guidance, creating a dynamic and responsive approach to healthcare delivery.

The objective of this real-world retrospective study was to investigate the effectiveness of using a digital platform for weight loss and other related clinical outcomes (up to 6 months) with a group of Swedish patients who are overweight (BMI ≥ 27 kg/m² with ≥ 1 weight-related co-morbidity) or living with obesity (body mass index ≥ 30 kg/m²).

METHODS

In a total of 2608 patients (613 men and 1999 women), we investigated the effects of remote treatment (pharmacological treatment used in combination with lifestyle support) via a novel Swedish digital therapeutics platform (Yazen Health) for reducing body weight in adults.

Patients received individualised treatment with various GLP-1 receptor agonists (mainly semaglutide and dulaglutide) and lifestyle advice via asynchronous text-based communication within a secure medical app. Weight and blood pressure data were obtained through self-reporting from patients according to specific instructions. To ensure the patients qualified for obesity treatments using medication with GLP-1 analogs, information including medical history, electronic ID, patient photo, and blood tests were gathered. In addition, the model includes authentication at the pharmacy, medication retrieval, and continuous contact between the patient and healthcare providers at Yazen.

Data for the study was retrospectively collected from the electronic health records. The percentage change from baseline body weight was assessed every month for six months, at which point follow-up laboratory testing was done.

RESULTS

Mean base age for men was 47.7 ± 9.9 years and BMI 34.2 ± 4.9 and for females 46.6 ± 10.5 years and BMI 33.7 ± 5.1 . Mean weight loss (percentage) after 1, 2, 3, 4, 5 and 6 months was 4.3; 6.6; 8.1; 10.1; 11.4 and 12.6%. Treatment and weight loss also led to significant improvement in weight-related and cardiometabolic measures such as blood pressure, glycated haemoglobin, fasting plasma glucose, liver enzymes, fasting lipid levels and testosterone (men).

CONCLUSIONS

Several barriers may contribute to obesity treatment failures including the requirement of long-term patient adherence to lifestyle recommendations or drug treatment.

In the current study the use of a telemedicine platform specifically developed for obesity care combined with pharmacological treatment with different GLP-1 analogues and lifestyle intervention resulted in 12.6 % weight loss after 6 months and improved metabolic profile.

By embracing the capabilities of digital technology, healthcare providers can offer a level of

The logo for Yazen, featuring a stylized 'Y' followed by the word 'azen' in a bold, sans-serif font.

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