

The Yazen Model – Modern Obesity Treatment Given Via a Digital Care Model. A Descriptive Analysis

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The **Yazen Model** enables modern obesity treatment, integrating medical treatment, lifestyle intervention and social support. By now*, more than **30,000 patients** have received treatment using this model.

Summary

The Yazen Model goes beyond traditional methods, providing patients with the tools to manage their disease, addressing medical and behavioural aspects, education and social support via a digital platform for accessible, continuous and effective weight loss and management.

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Patient Characteristics



30.000 patients treated in Sweden, Norway, Denmark, UK, Netherlands, Germany & Spain



78% women



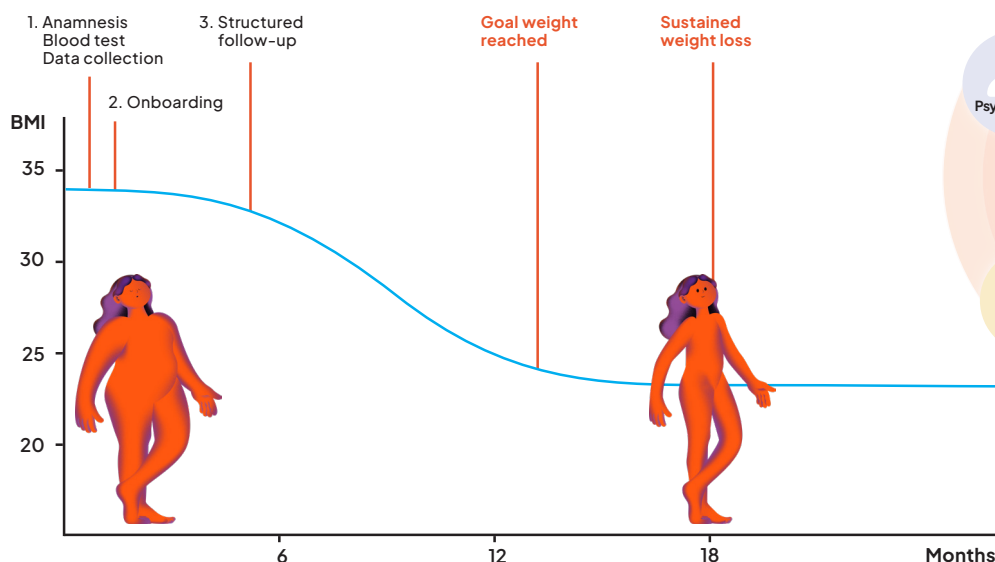
BMI inclusion: 30 kg/m² or ≥ 27 kg/m² including co-morbidity



Mean BMI: 34 (SD 4.9)



Mean age: 47.7 (SD 11.6)



YAZEN MODEL:

TEAM

MAO*

CHANGE**



*MAO = Medicine Adjustments and Optimisation **CHANGE = Yazens Educational Lifestyle Intervention Programme

INTRODUCTION

The Yazen Model enables modern obesity treatment, integrating medical treatment, lifestyle intervention, and social support, all via a digital platform, enabling continuous, proactive, personal, demand-driven care. By now*, **more than 30,000 patients** have received treatment using this model. For inclusion, patients have a BMI of at least 30 kg/m² or ≥ 27 kg/m² with weight-related health problems.

Obesity is a chronic, complex, and progressive disease that requires a multifaceted and multidisciplinary treatment approach. Continuous care is recommended for effective, safe and convenient management and should be aligned with individual preferences.

AIM

The overall aim is to have an **empowered patient for sustained weight loss**. The patient should have all the insights and medical treatment needed to handle the chronic disease. Once patients achieve a healthy weight, the model helps them to maintain a sustained weight with ongoing medication management and tailored support to address any challenges. Ongoing research shows high adherence to the treatment model and a mean weight reduction of around 16% at 12 months.

DESCRIPTION

Each patient is assigned a personal physician and a YazenCoach (registered nurse, dietitian or physiotherapist with obesity expertise) for continuous follow-up. The **YazenCoach** works together with the patient for counselling regarding diet for planning energy deficit, physical activity, motivation and support for behavioural changes.

The **Doctor** utilises modern anti-obesity medications, tailoring treatment plans to each individual by carefully monitoring their response to the medication, including changes in appetite, hunger, satiety and behaviour.

Patients with dysfunctional eating behaviours or eating disorders receive mandatory support from **Psychologist**. Others can access psychological counselling if needed to address mental obstacles to weight loss.

Additional support is provided via a structured, educational programme called **CHANGE**, consisting of 8 pedagogical modules addressing obesity, medication, diet, physical activity and behavioural change. These tools help establish sustainable healthy habits for weight loss, physical and mental health. The application also contains expert-curated articles for more knowledge and inspiration, food recipes, and a community.

The **Community** provides a space to share experiences with other patients, find support and connect with others on a similar journey, with the option to remain anonymous. The community is also a place where healthcare experts regularly contribute valuable information and inspiration.

Expert counselling from the team together with knowledge and support via the application aim to enhance compliance and promote lasting results.

SUMMARY

The Yazen Model goes beyond traditional methods, providing patients with the tools to manage their disease, addressing medical and behavioural aspects, education, and social support via a digital platform for accessible, continuous and effective weight loss management.

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