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  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- **Conflict of Interest (COI) and Financial Relationship Disclosures:**
  - Presenter: Neal Kaufman, MD, MPH – co-founder & Owner of Canary Health / Spouse: Chief Medical Officer Medtronic
  - Presenter: Jennifer Schneider, MD, MS – Chief Medical Officer of Livongo
  - Presenter: Scott K. Johnson – Communications Lead, USA at mySugr / Intarcia, Insulet (event honorariums)
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**Neal Kaufman**  
MD, MPH  
Co-founder & Chief Medical Officer  
Canary Health  
Los Angeles, Ca

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**Canary Health's Digital Diabetes Prevention Program and Chronic Disease Self-Management Program**




**VLM**  
VIRTUAL LIFESTYLE MANAGEMENT

**Digital Diabetes Prevention Program**

Year-long digital lifestyle change & weight loss intervention

- 16 weekly core / 8 monthly maintenance lessons
- Behavioral goal-setting, planning and tracking
- Digital coaching
- Over 35,000 participants with, or at risk for, type 2 diabetes

Lowers new claims for diabetes, heart disease, hyperlipidemia, sleep apnea, hypertension, joint-related




**Better Choices, Better Health.**

**Digital Chronic Disease Self-Management Program**

8-week peer-to-peer story-sharing and educational support

- Increases self-efficacy & medication adherence
- Improves depression
- Lowers A1C by 0.93% (6 months) and 1.27% (12 months) with starting A1C > 9.0
- Lowers cost of care

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**Jennifer Schneider**  
MD, MS  
Chief Medical Officer  
Livongo  
Mountain View, Ca

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**Livongo** Empowering people with chronic conditions, starting with diabetes.



**Cellularly-enabled blood glucose meter**

- FDA-cleared with touchscreen
- Provides personalized insights
- First meter with remote software upgrades

**Real-time data analytics**

- Clinical data analytics drive behavior change
- Personalized rules engine provides insights and educational content

**24/7/365 insights and real-time support**

- Personalized coaching and trends management
- Live interventions triggered by acute alerts

**Free unlimited supplies**

- Strips and lancets shipped directly to member
- Automated reordering based on usage

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**Scott K. Johnson**  
 Communications Lead, USA  
 mySugr  
 Encinitas, Ca

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**Popular**

- Loved by more than 1 million registered users.
- Some even with mySugr tattoos!
- Avg 4.8 star rating ( more than 18k total reviews)

**Effective**


- 6/2017 - ADA - mySugr Demonstrates Clinically Significant Impact on Risk of Severe Hypoglycemic Events.
- 2/2017 - A1D - mySugr Demonstrates Clinically Significant Impact on Diabetes Management for High Risk Population.
- And more at mySugr.com/science/

**Reimbursed**

- The mySugr Package is mySugr Pro, unlimited supply delivery, CDE coaching, and population management.
- It is being reimbursed by a large insurer in Germany.
- Currently in similar discussions with additional payers worldwide.

**Here to stay**

- Roche now exclusive shareholder (June, 2017).
- Heart of Roche Diabetes Care's new patient-centered digital health services.
- Focal point for integrated strategy / open platform.

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## Finding New Ways to Deliver DSMES to Cut Through the Clutter

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