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The Hype, The Hope, The Harvest
An exploration of trends in remote monitoring and connected healthcare technology

Imagine a world......
Where data became insights...

Learning from the rest of the consumer technology world.....

1. Wireless Sensor Technology
   - Expanding beyond CGM: Fitbit, wearables, Abbott Freestyle Libre, Propeller

2. Meaningful Data
   - Mysugr, Livongo insights
   - Not just numbers and graphs, but data that is personalized and meaningful to you so you can take immediate action.

3. Data Sharing
   - Technology enables sharing lots of different types of data with physicians, family, friends

The Hope
4. Real Time Intervention
- Nightscout, Livongo Alerts

5. Gamification
- Nike+, Weekend Warrior on Fitbit, Pokemon Go
  - Motivates and influences behavior through gaming principles

6. Instant Access to Health Information
- Fooducate, MyFitness Pal
  - Find out nutritional value of food item instantly
- Doctor on Demand
  - Talk to a doctor through video or text chatting

7. Diabetes Prevention

The Harvest

And the results?

"You can't keep adjusting the data to prove that you would be the best Valentine's date for Scarlett Johansson."
Early Outcomes and Lessons

1. Wireless Technology
   - Seamless
   - Immediate logging
   - Breaks in connection
   - Privacy
   - Getting less savvy populations to being comfortable with technology
   - Access

2. Meaningful Data
   - Immediate, real-time advice and support
   - Context-relevant
   - Generate actionable insights/graphs
   - Defining what is meaningful
   - How much data?

3. Data Sharing
   - Entire care team (family, friends, medical professionals) can have access and provide support
   - Data dump (vs a thoughtful summary or analysis)
   - Difficult to access
   - Who gets what?
   - What are the rules of engagement?

4. Real Time Intervention
   - Intervene when people need it the most
   - Over-communication
   - Personal preferences

5. Gamification
   - Leads to healthy, positive behaviors
   - Less struggle to achieve behavior change
   - How to use it?
   - Digital divide for elderly or lower income?
6. Instant Access to Health Information
- Better information means better treatment
- Reduce risks of prescription conflicts and approaches
- Very difficult to integrate at the EHR level
- Getting the right data at the right time

7. Diabetes Prevention
- Technology can help scale programs
- Ensuring quality program

Overall State
"You've got to start with the customer experience and work back toward the technology – not the other way around."
- Steve Jobs

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