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CONTACT: Gina Cella  
Cella Communications  
781 334-4692  
[ginacella@comcast.net](mailto:ginacella@comcast.net)



**ONLINE DIABETES MANAGEMENT PROGRAM MAY IMPROVE  
PATIENT ENGAGEMENT ACCORDING TO PILOT STUDY RESULTS  
FROM THE CENTER FOR CONNECTED HEALTH**

**Diabetes Connected Health study results published in the March issue of  
*Journal of Diabetes Science and Technology*.**

BOSTON, MA, MARCH 18, 2009 – New data from a recent pilot study conducted by the Center for Connected Health, a division of Partners HealthCare, suggest that an online diabetes management program, Diabetes Connected Health, may lead to improved patient knowledge, engagement and accountability, as well as improved patient provider communication. This study was published in the current issue of the *Journal of Diabetes Science and Technology* (Volume 3, Issue 2, March 2009).

Based on the results of this pilot study, the Center for Connected Health has initiated a randomized clinical trial involving 200 patients from six primary care practices affiliated with either Massachusetts General Hospital or Brigham and Women's Hospital.

"This study provided valuable feedback from diabetes patients and providers on the utility, benefits and limitations of a web-based diabetes management program," said Joseph C. Kvedar, MD, Director, Center for Connected Health. "Although the mean number of readings sent per month decreased over time, the number of comments posted per month increased, indicating ongoing engagement."

The pilot study included seven patients with type 2 diabetes at Massachusetts General Hospital. Study participants received access to a secure website that stored and graphed glucose readings uploaded remotely by the patients using a standard glucometer. Both patients and providers had access to the website, where the data could be viewed, analyzed and discussed.

Mean glucose levels declined over the three month pilot period, as did self-reported HbA1c levels, which indicate the level of blood glucose over time. Providers participating in the study reported that the Diabetes Connected Health program increased their confidence in adjusting medication based on remote glucose readings submitted by their patients. Patients also rated the website and provided feedback on the program, which will be used to enhance the platform moving forward.

"Diabetes Connected Health has the potential to truly impact the way diabetes care is delivered and to improve both clinical and economic outcomes," added Alice Watson, MD, MPH, Corporate Manager, Center for Connected Health, and a co-author of the paper. "Self-monitoring of blood glucose may have a greater impact when patient data can be shared with a provider in a timely manner, leading to treatment changes and enhanced patient education and motivation."

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Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Type 2 diabetes is the most common form of diabetes. According to the American Diabetes Association, 23.6 million children and adults in the United States, or 7.8% of the population, have diabetes.

**About the Center for Connected Health**

The Center for Connected Health, a division of Partners HealthCare, is creating effective, new solutions and innovative interventions to deliver quality patient care outside of the traditional medical setting. Our programs use a combination of remote-monitoring technology, sensors, and online communications and intelligence to improve patient adherence, engagement and clinical outcomes. The Center also offers expert online second opinions, enhanced medical education and training, and engages in innovative research to discover new pathways to better care, including the use of virtual worlds and online coaching. Visit [www.connected-health.org](http://www.connected-health.org).

Boston-based Partners HealthCare is an integrated health system founded in 1994 by Brigham and Women's Hospital and Massachusetts General Hospital. In addition to its two academic medical centers, the Partners system also includes community and specialty hospitals, community health centers, a physician network, home health and long-term care services, and other health-related entities. Partners is one of the nation's leading biomedical research organizations and a principal teaching affiliate of Harvard Medical School. Partners is a non-profit organization. Visit [www.partners.org](http://www.partners.org).

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