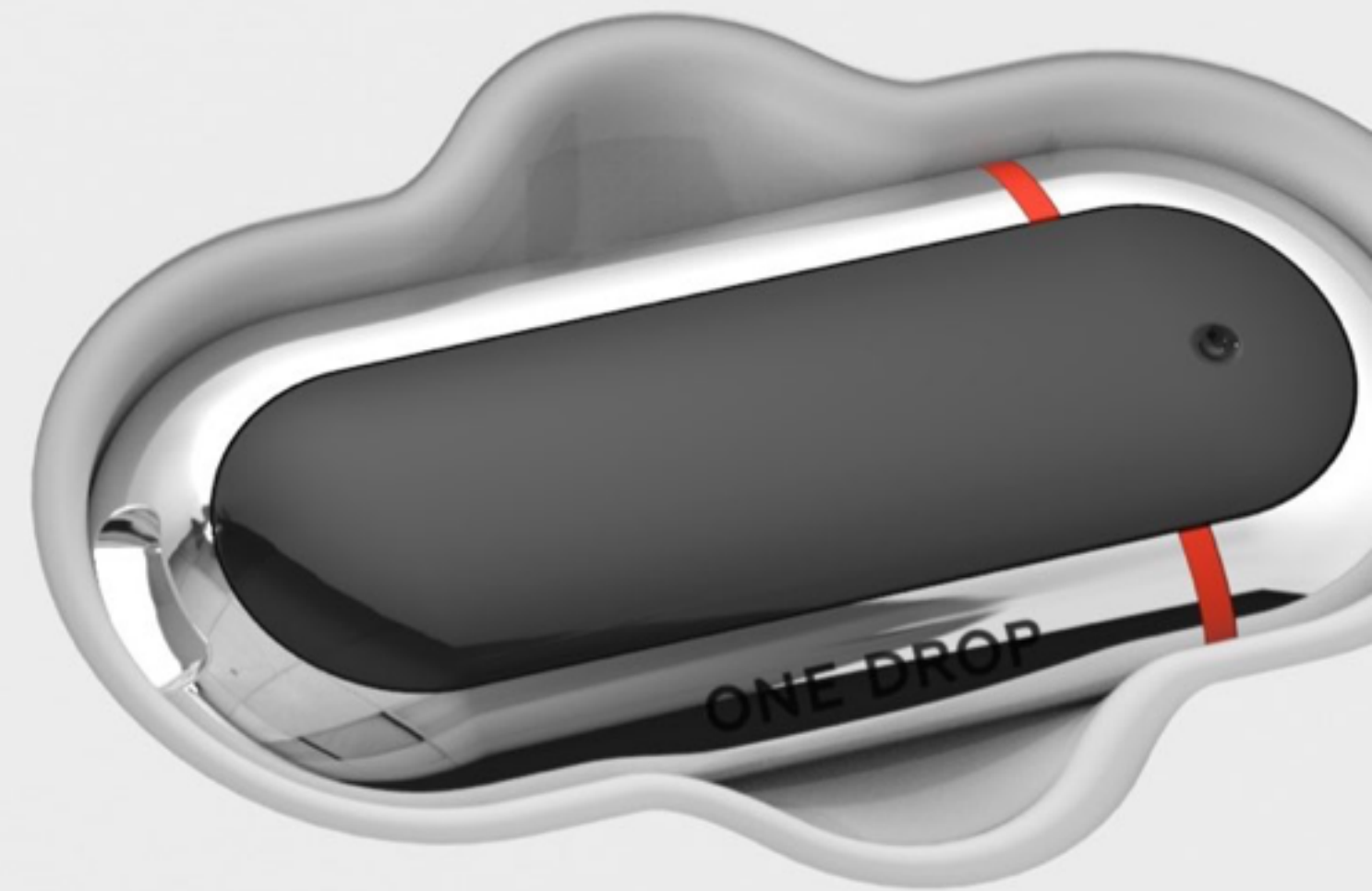


It starts today with
ONE DROP



1 | MADE WITH  IN NYC & AUSTIN, TX

PROPRIETARY AND CONFIDENTIAL PROPERTY OF INFORMED DATA SYSTEMS INC

One Drop | Peer-Reviewed Outcomes

PUBLISHED: JMIR Diabetes

A1C -1.07%

All Comers: One Drop | Mobile

Date: June 2017

Findings:

1,288 people with diabetes tracking A1c test results in the app for a median 4 months reported a -1.07% A1c improvement. People with T2D (n = 921) reported a -1.27% A1c improvement. Tracking food was associated with improved A1c with and without adjusting for demographics, and tracking medications, activity, and blood glucose in the app.

Citation:

Osborn CY, van Ginkel JR, Rodbard D, et al. One Drop | Mobile: An evaluation of hemoglobin A1c improvement linked to app engagement. JMIR Diabetes. 2017;2(2):e21.

MEETING: 38th Society of Behavioral Medicine Scientific Sessions

A1C -0.70%

All Comers: One Drop | Mobile

Date: July 2016

Findings:

133 people with diabetes tracking A1c test results for a mean 4.8 months reported a -0.7% A1c improvement.

Citation:

Dachis J, Osborn CY, Rodbard D, Huddleston B. One Drop app users report improved glycemic control. Ann Behav Med (Annual Meeting). 2017;51(Suppl 1):S1-S2867.

One Drop | Peer-Reviewed Outcomes

MEETING: 38th Society of Behavioral Medicine Scientific Sessions

OUT OF RANGE -0.78%

All Comers: One Drop | Mobile

Date: September 2016

Findings:

Doubling the amount of blood glucose tracking in the app is associated with a 0.78 percentage decrease in out-of-range blood glucose readings.

Citation:

Quisel T, Foschini L, Kerr D. Self-care tracking and blood glucose stability among One Drop mobile app users. Ann Behav Med (Annual Meeting). 2017;51(Suppl 1):S1-S2867.

PUBLISHED: JMIR mHealth and uHealth

A1C -1.36%

Apple Watch: One Drop | Mobile

Date: June 2017

Findings:

256 people tracking A1c test results in the app reported a -1.36% A1c improvement in a median 4.1 months. Tracking food was associated with improved A1c with and without adjusting for demographics, and tracking medications, activity, and blood glucose in the app.

Citation:

Osborn CY, van Ginkel JR, Marrero DG, Rodbard D, Huddleston B, Dachis J. One Drop | Mobile on iPhone and Apple Watch: An evaluation of A1c improvement associated with tracking self-care. JMIR mHealth and uHealth. 2017.

One Drop | Peer-Reviewed Outcomes

MEETING: 2017 International Diabetes Federation Congress

A1C -1.34%

Apple Watch: One Drop | Mobile

Date: April 2017

Findings:

1,121 people with T2D using the app for up to 6 months improved their A1c by -1.34%. Using the app to track self-care and remember medications was associated with improved A1c.

Citation:

Osborn CY, Rodbard D, Huddleston B, Heyman M, Dachis J. Using the One Drop mobile app to track self-care and remember medications is associated with improved glycemia. International Diabetes Federation Congress. 2017; Abu Dhabi, United Arab Emirates.

UNDER REVIEW FOR PUBLISHING: The Diabetes Educator

MEETING: 77th ADA Scientific Sessions

A1C UP TO -1.32%

Evidation Health Study Arm 1: One Drop | Experts

Timeframe: After 3 Months

Findings:

People with T2D (N = 146, A1c \geq 7.5%) had a -.90% lab A1c improvement (study completes), -1.00% lab A1c improvement (active users), and -1.32% lab A1c improvement (active users with an initial A1c \geq 9.0%).

Citation:

Kumar S, Moseson H, Uppal J, Juusola JL. A diabetes mobile app with in-app coaching from a Certified Diabetes Educator reduces A1c for individuals with type 2 diabetes. Diabetes Educ. under review.

Kumar S, Moseson H, Uppal J, Osborn CY, Heyman M, Juusola J. Impact of a diabetes mobile app with in-app coaching on glycemic control (63LB). American Diabetes Association's 77th Scientific Sessions. 2017; San Diego, CA.

One Drop | Peer-Reviewed Outcomes

PUBLISHED: Diabetes (Abstract Book)

eA1C -1.01%

Evidation Health Study Arm 1: One Drop | Experts

Timeframe: After 3 Months

Findings:

People with T2D (N = 146, A1c \geq 7.5%)
Improved avg. blood glucose (-29 mg/dL / estimated A1c [eA1c] >1.01%),
Minutes of activity per week (>25 minutes), and
Carbohydrate intake at each meal (>13 grams per meal).

Citation:

Osborn CY, Heyman M, Huddleston B, Van Ginkel JR, Rodbard D, Dachis J. The One Drop mobile app with in-app coaching improves blood glucose and self-care. Diabetes (Abstract Book). June 2017;66 (pp228).

PUBLISHED: 38th Society of Behavioral Medicine Scientific Sessions

eA1C -1.00%

Evidation Health Study Arm 1: One Drop | Experts

Timeframe: After 1 Month

Findings:

People with T2D (N = 146, A1c \geq 7.5%)
Improved avg. blood glucose (-27 mg/dL or eA1c 1.00%),
Percentage of high blood glucose readings (-14.8%), and
Percentage of in-range readings (+5.2%).

Citation:

Osborn CY, Heyman M, Dachis J. The One Drop Mobile app and Experts program is evidence-based and improves blood glucose. Ann Behav Med (Annual Meeting). 2017;51(Suppl 1):S1-S2867.

One Drop | Peer-Reviewed Outcomes

MEETING: 2017 Stanford MedX

eA1C -1.22%

Evidation Health Study Arm 2 w/Apple Watch: One Drop | Experts

Timeframe: After 3 Months

Findings:

People with T2D (N = 144, A1c \geq 7.5%)
Improved avg. blood glucose (-35 mg/dL or eA1c -1.2%), Percentage of high blood glucose readings (-10%),
Percentage of in-range blood glucose readings (+9%),
Minutes of activity per week (>35 minutes), and
Carbohydrate intake at each meal (-20 grams per meal).

Citation:

Osborn CY. The One Drop diabetes iOS and WatchOS app with in-app coaching from Certified Diabetes Educators improves blood glucose, carbohydrate intake, and physical activity. Stanford MedX. 2017; Palo Alto, CA.

MEETING: 39th Society of Behavioral Medicine Scientific Sessions

A1C -1.90%

All Comers: One Drop | Chrome, Premium & Plus

Timeframe: After 3 Months

Findings:

People with T2D (N = 107, avg. blood glucose \geq 169 or eA1c \geq 7.5%)
Improved avg. blood glucose (-53.1 mg/dL or A1c -1.9%),
Percentage of high blood glucose readings (-26%),
Percentage of in-range blood glucose readings (+27.5%).

People with T2D (N = 290) & avg. blood glucose <155 mg/dL (A1c < 7%) are 4.7 times more likely to stay at an avg. <155 mg/dL at 3 months.

Citation:

Osborn CY, Sears LE, Heyman M, Head R, Huddleston B, Dachis J. People with Type 2 diabetes paying for a One Drop coach improve when not at goal, or stay at goal when starting at goal. 39th Annual Meeting of the Society for Behavioral Medicine. 2018; New Orleans, LA.

One Drop | Peer-Reviewed Outcomes

MEETING: 39th Society of Behavioral Medicine Scientific Sessions

eA1C -.80%

All Comers: One Drop | Chrome, Premium & Plus

Timeframe: After 3 Months

Findings:

People w T1D (N = 94, avg. blood glucose \geq 169 mg/dL or A1c \geq 7.5%) Improved their avg. blood glucose (-22.2 mg/dL or eA1c -0.80%), Percentage of high blood glucose readings (-18.5%), and Percentage of in-range blood glucose readings (+17.9%).

People with T1D (N = 196) and an avg. blood glucose $<$ 155 mg/dL (A1c $<$ 7%) are 1.3 more likely to stay at an avg. $<$ 155 mg/dL at 3 months.

Citation:

Sears LE, Dachis J, Heyman M, Head R, Huddleston B, Osborn CY. People with Type 1 diabetes paying for a One Drop coach improve when not at goal, or stay at goal when starting at goal. 39th Annual Meeting of the Society for Behavioral Medicine. 2018; New Orleans, LA.

MEETING: 10th International Conference on the ATTD

eA1C -1.60%

Apple Watch: One Drop | Chrome, Premium & Plus

Timeframe: After 3 Months

Findings:

People with T1 & T2D w/Premium or Plus & One Drop on Apple Watch Improved avg. blood glucose by -48 mg/dL (or eA1c -1.6%), Percentage of high blood glucose readings (-26%), and Percentage of in-range blood glucose readings (+25%).

Citation:

Osborn CY, Sears LE, Heyman M, Huddleston B, Funnell M, Dachis J. Blood glucose improves among people 'at risk' using One Drop | Premium or Plus on iPhone and Apple Watch 10th International Conference on Advanced Technologies & Treatments for Diabetes. 2018; Vienna, Austria.