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## mySugr Presents Blood Glucose Control Study Poster at 2019 ADA Scientific Sessions

VIENNA, AUSTRIA/ SAN DIEGO, CALIFORNIA June 08, 2019- mySugr, a digital health company committed to simplifying life with diabetes, presented a poster describing positive results in blood glucose (BG) control through extended use of the mySugr Bundle. The presentation took place during the 79th Scientific Sessions of the American Diabetes Association, held from June 7 - 11 in San Francisco. The five-day event, themed “*Bridging Diabetes Research with Groundbreaking Discoveries*” featured leading diabetes experts from around the world.

*“We are very pleased to have presented these compelling results at this year’s ADA Scientific Sessions, which highlight mySugr’s impact in facilitating a sustainable improvement in controlling BG levels over an extended time period,” said Dr. Harald Mayer, Medical Director of mySugr. “Notably, mySugr has demonstrated that there are major potential benefits of mobile interventions that combine complementary treatment strategies for therapy adherence.”*

The study analyzed changes in BG control including estimated HbA1c (eHbA1c), tests in range, and frequency of testing in users of mySugr’s integrated diabetes management tool. Sixty-one participants monitored their BG at least three times daily, on average, during the observation period. Significant improvements were observed in BG-mean (-11.8 mg/dl), BG standard deviation (-5.48 mg/dl), tests in range (+6.8%), tests above range (-7.2%) and eHbA1c (-0.41%) between up to two weeks after registering for the mySugr app and eight to 16 weeks after commencing usage of the mySugr bundle. A significant improvement was also observed in monitoring frequency (+21.4%) between zero to eight weeks before participants started using the bundle and eight to 16 weeks after bundle usage had commenced.

Subgroup analysis showed significant improvements in mean BG (-42.3 mg/dl), BG standard deviation (-14.7 mg/dl), tests in range (+24%), tests above range (-25%) and eHbA1c (-1.48%) from up to two weeks after registering for the app, to eight to 16 weeks after usage of the bundle had begun for users with a baseline eHbA1c between 7.1% and 10.6%. The poster can be viewed on the mySugr website under [this link](#).

Building on a [study](#) presented at the DTM 2018, the findings show that mySugr registered a significant impact in facilitating a sustainable improvement in controlling blood glucose levels over an extended time period of 16 weeks.

The efficacy of mySugr is further documented in a paper titled [Real-World Assessments of mySugr Mobile Health App](#), recently published in Volume 21 of *Diabetes Technology & Therapeutics*, a peer-reviewed journal that covers the diagnosis and management of diabetes with devices, drugs, drug delivery systems, and software.

### About the mySugr Bundle

The mySugr Bundle consists of the pro version of the mySugr app, unlimited and usage-based resupply of teststrips and CDE-led glucose-centric coaching via in-app messaging interface. Find out more about the bundle [here](#).

### About mySugr

[Founded in 2012](#) in Vienna, Austria, mySugr specializes in all-around care for people with diabetes. Its apps and services combine diabetes coaching, therapy management, unlimited test-strips, automated data tracking, and seamless integration with a growing number of medical devices to ease the daily burden of living with diabetes. The mySugr app has more than 1.8 million users and a 4.6 star-rating in the [App](#) and [Play Store](#).



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mySugr Logbook is a registered risk class 1 medical device in the US and EU mySugr's Bolus Calculator module (currently available for use in Europe) has risk class IIb approval. As of 2019, the mySugr app is available in 69 countries and 17 languages. mySugr joined the Roche family in 2017. Beside its headquarters in Vienna, the company has its second office in San Diego, California. In total, mySugr currently employs more than 130 people. For more information, please visit [mySugr.com/press](http://mySugr.com/press).