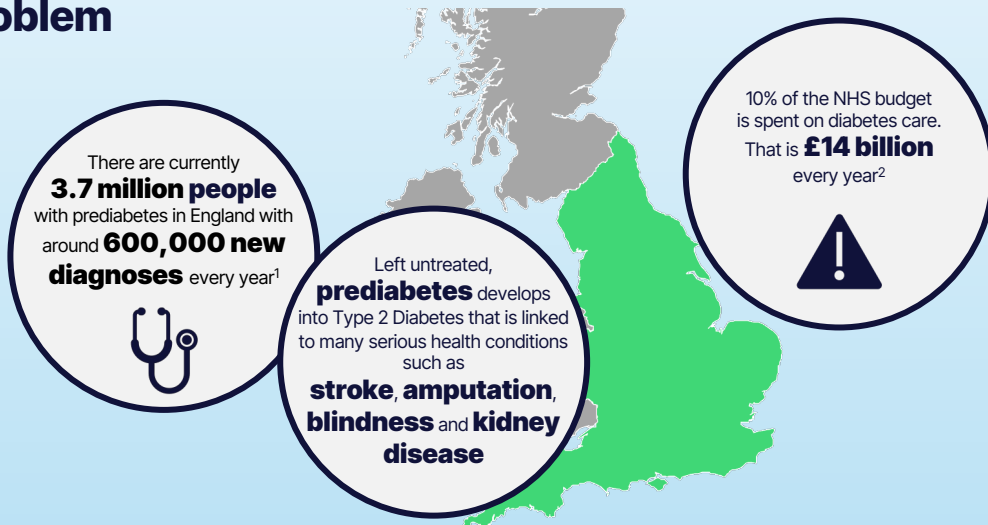
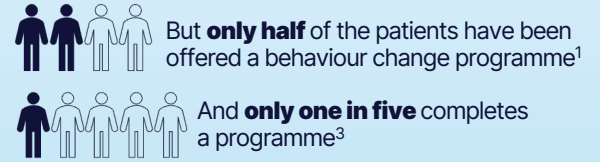


Problem



Treating prediabetes, before it turns into type 2 diabetes is therefore paramount for the individual and the NHS

Ideal treatment for Prediabetes is **behaviour change**



Current offerings struggle with

- **patient engagement,**
- **scalability,**
- **long-term behaviour change**

Solution

Regulated software specifically designed for prediabetes

PreDiaWell® is an evidence-based digital therapeutic designed to help individuals manage prediabetes and reduce the risk of developing Type 2 diabetes. PreDiaWell®'s behaviour modification program empowers patients to make sustainable lifestyle changes. Using cognitive-behavioural therapy principles, it integrates daily nutrition and physical activity goals with interactive tools to drive real results.

PreDiaWell® is an MHRA registered UKCA marked Class I Medical Device



Behaviour Change

A 90-day program divided into 6 modules, facilitating positive mindset shifts and fostering healthy habits

Gamification

Gamification techniques to track nutrient intake and scoreboard to provide insightful feedback

Self-management

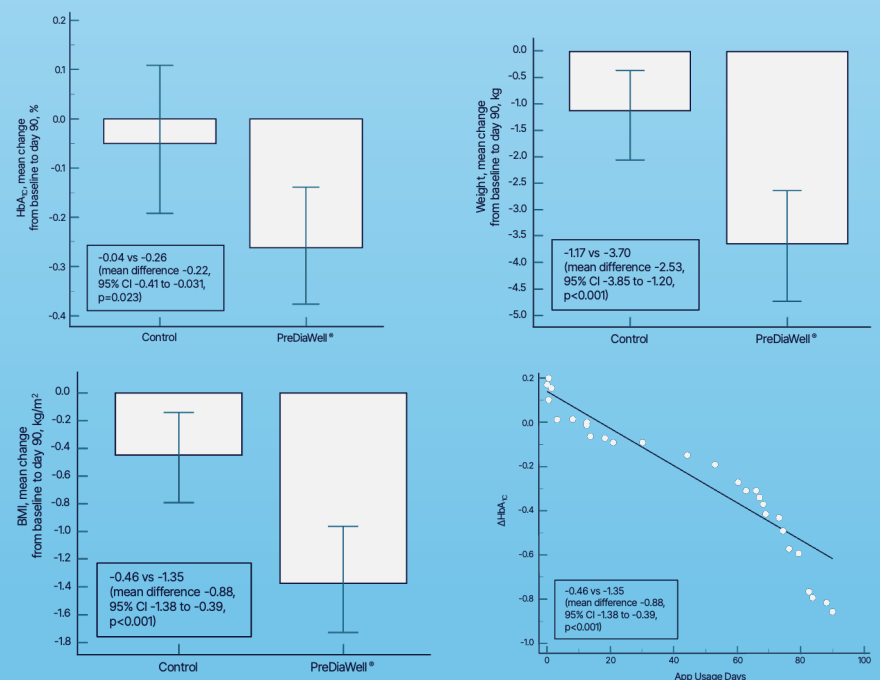
Educational content covering topics like prediabetes, diabetes, physical activity, and medical nutrition

Proven efficacy

Patients on PreDiaWell® showed a significant decrease in HbA_{1c}, body weight and body mass index after 90 days.⁴

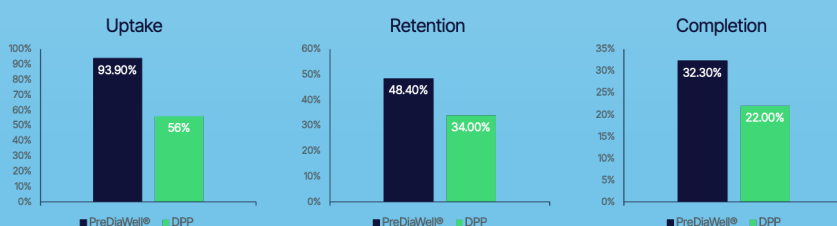


Randomised, Controlled Trial of a Digital Therapeutic Application (PreDiaWell®) to Improve Glycaemic Control in Adults With Prediabetes⁴



Better patient engagement

Adherence and retention of patients using PreDiaWell® was higher than that observed with NHS programme providers.^{3,4}



References

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2. York Health Economics Consortium, University of York, accessible at: <https://www.york.ac.uk/news-and-events/news/2024/research/diabetes-cost-to-uk/>
3. Howarth E, Bower PJ, Kontopantelis E, et al. 'Going the distance': an independent cohort study of engagement and dropout among the first 100 000 referrals into a large-scale diabetes prevention program. *BMJ Open Diabetes Res Care*. 2020;8(2):e001835. doi:10.1136/bmjdr-2020-001835
4. Cakmak R, Birer GC, Tosun I, Avcu H. Randomised, Controlled Trial of a Digital Therapeutic Application (PreDiaWell®) to Improve Glycaemic Control in Adults With Prediabetes. In: 18th International Conference On Advanced Technologies & Treatments For Diabetes 19-22 March 2025, Amsterdam, The Netherlands

