

A milestone in the digital health revolution: Doctors prescribe app-based obesity and diabetes care to 500,000th patient

- Over 500,000 patients across Europe have lost weight with Oviva, with over 15,000 physicians collaborating
- Oviva participants living with obesity lose over 5% body weight at 6 months whereas participants with type 2 diabetes improve their blood glucose control, reducing HbA1c levels by an average of 6.8 mmol/mol over 3 months
- GLP-1 medications and Digital Therapeutics (DTx) are reshaping obesity care and are becoming integral to Oviva's strategy for providing effective and accessible care in the future

Zurich, 4 December 2023 - Oviva, a leading digital health company established in 2014, announces that its app-based obesity and diabetes care has been prescribed to over 500,000 patients across Europe. Kai Eberhardt, CEO and co-founder of Oviva, points out the significance of the milestone: "The fact that over 500,000 people in Europe rely on Oviva to help them achieve their health goals is further proof of the effectiveness of our product. We are proud of our role in improving patient care with our technology-enabled solutions."

A Milestone in numbers

Overweight and obesity affect more than 50% of adults worldwide. Oviva focuses on providing effective and accessible care to people living with weight-related conditions through combining their medical device certified app and care from their team of healthcare professionals. Oviva participants lose over 5% of their body weight in 6 months, driving down health risks such as blood pressure and high cholesterol, whilst those with type 2 diabetes or pre-diabetes significantly improve their blood glucose control, which prevents them developing complications related to the condition. In just 3 months, they reduce their HbA1c levels by an average of 6.8 mmol/mol, based on data from the last nine years. More than 15,000 physicians in Europe are already prescribing Oviva.

Embracing trends in obesity care

With the rise of GLP-1 analogs, the landscape of obesity and diabetes treatment is undergoing a significant shift. Kai Eberhardt highlights: "These medications are becoming a tangible reality for people with weight-related diseases. In our tailored pathways, we focus on necessary changes in diet and lifestyle, ensuring not only improved results and safety during drug therapy but also preparing them for sustained weight management post-treatment."

Simultaneously, the healthcare system's digital evolution is strengthening support for virtual medical products or digital therapeutics (DTx). In Germany, "Oviva Direkt für Adipositas", an app designed for weight reduction in cases of severe obesity (body mass index of 30-40), was officially included in the directory of digital health applications (DiGA) by the German Federal Institute for Drugs and Medical Devices this summer.

Kai Eberhardt emphasises: "To ensure widespread access to effective care, we are planning to introduce Digital Therapeutics (DTx) in other markets as soon as health systems allow."

ABOUT Oviva

Oviva is creating a healthier future for people living with weight-related conditions by offering highly accessible and effective technology-enabled therapy. Established in 2014, the multidisciplinary founding team around Kai Eberhardt and Manuel Baumann recognised that blending personal advice with a smart app could lead to a breakthrough for those affected. Today, Oviva's medical device certified app enables the patient to self-monitor and record information such as meals, physical activity and weight, enables dialogue with the patient's care team via chat and provides participants with helpful educational content. Oviva's app-based care helps people to lead a healthier life, relieves pressure on doctors to advise on weight and lifestyle, and ultimately leads to savings for the health system.

Oviva works directly with statutory health insurers and national healthcare systems in the UK, Germany, Switzerland and France and has already treated over 500,000 patients across Europe. Oviva has received investments from funds like Temasek, Sofina, AlbionVC, Earlybird, Eight Roads Ventures, F-Prime Capital, MTIP and Walking Ventures.

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