



SPEAKER

Dr. Chhavi Mehra MD

Title

Leveraging AI for better glycemic control: Analyzing user outcomes with sugarfit

Talk highlights

This study aims to evaluate the impact of the SDRMP, which leverages AI-driven personalization and empathetic coaching, on 386 participants after 180 days in the Sugarfit program by analyzing user outcomes. The SDRMP empowers individuals to modify their behavior and achieve significant health improvements by combining AI-tailored lifestyle interventions with physician-led medication titration, leading to reductions in HbA1c, FBS, weight, and medication reliance. This innovative approach paves the way for personalized healthcare that fosters lasting positive health outcomes.



