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Intellihealth Obesity Treatment Platform Shows Promising Data in Trial
Brigham/PCORI study finds online program helps patients lose weight

New York, NY - In a study of primary care patients [published in JAMA](#), researchers at Brigham and Women's Hospital found that combining Intellihealth's online weight loss program with a phone and email-based population health management program led to a significant increase in weight loss among patients. With over 70% of the US population being overweight or having obesity and healthcare rapidly shifting to virtual forms during COVID-19, the findings offer a compelling and timely validation of the efficacy of a scalable, telehealth solution to the obesity epidemic.

The PCORI-funded study tracked 840 patients between 2016 and 2019 at the Brigham's Primary Care Center of Excellence, a network of 15 practices. Participants, all of whom either had overweight or obesity and hypertension or type 2 diabetes, were divided into three study groups: a "usual care" group, which received general information about weight management in the mail; an "online only" group, which participated in an online weight-loss program, which included meal plans, activity trackers, and progress reporting features; and the "combined intervention" group, which participated in the online program while receiving additional outreach and support from non-clinical staff members monitoring their progress.

Over a one-year period, the "usual care" and "online only" groups lost an average of 2.7 and 4.1 pounds, respectively, while the "combined intervention group lost 6.9 pounds, decreasing their body weight by an average of 3%. While that may not seem like a high number, losing 3-5% of bodyweight is a significant clinical metric in mitigating health risk factors associated with overweight and obesity. Also, approximately one third of the combined group lost 5% or more of their weight compared to only 14.9 and 20.8 percent in the usual care and online only groups.

Notably, these results were achieved using Intellihealth's older legacy platform and without the medical/pharmacological component or the advanced features of Intellihealth's new Evolve platform, which is more comprehensive.

"The data shows a strong baseline of success for an online program where non-obesity medicine specialists could effectively treat patients remotely in a population health setting. When you factor in the advances of our next-gen platform and include the medical component, the implications are incredibly promising," according to Dr. Louis Aronne, MD, FACP, Intellihealth's Chief Medical Officer and medical director of the Comprehensive Weight Control Center at Weill Cornell.

Intellihealth is transforming how chronic diseases are treated. Its new obesity medicine SaaS platform enables any healthcare provider to offer comprehensive medical obesity treatment to patients remotely and in-person. [Learn more at Intellihealth.co](#)

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Paper cited: Baer, HJ *et al.* "Effect of an Online Weight Management Program Integrated with Population Health Management On Weight Change: A Randomized Clinical Trial" *Journal of the American Medical Association* DOI: 10.1001/jama.2020.18977

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