



Case study

Device Enabled Care Management

A 59-year-old patient with multiple comorbid conditions, including type 2 diabetes and hypertension.



2021

September

The patient enrolls in Device Enabled Care Management (DECM) and downloads the DECM app.

October-December

The patient and their nurse chat online via DECM about entering blood sugar readings. The patient's blood sugar levels range from 97 to 123. They answer pathway questions and appreciate getting positive responses to the actions they take.

2022

January-February

The patient consistently answers the questions presented to them via their DECM app. They check their blood sugar level before eating breakfast and 1-2 hours after a meal. They educate themselves via the app, including learning about nutrition, neuropathy and symptoms of high blood sugar. Every week, they plan their activities and meals. Based on what they've learned, they're now including complex carbohydrates like whole grain, brown rice and oatmeal in their meal planning.

March-May

In addition to complex carbohydrates, the patient adds fiber to their diet, including beans, fruits, vegetables and whole grains. The patient educates themselves on emotional issues, support, ways to avoid diabetic complications and low blood sugar symptoms. They continue to have a negative screening for depression. They're doing a great job of communicating with the team via the DECM app.

Successful outcomes



Program engagement:
Health Index Score of 99

- Education received



Blood sugar 92

- Meal planning and activity



No diabetic symptoms



Negative screening for depression