BettrLife App Helps Patient Lose 41% of her Total Body Weight and Gain So Much More

BettrLife is an app used by the patient and medical staff to help her lose weight while logging daily food and activities.

www.bettrlife.com

"BettrLife has been such a great tool for me. It continues to provide endless possibilities for me, the patient, to learn and develop healthier life choices while giving my provider the opportunity to engage and participate in my healthcare."

Executive Summary

An obese patient with a family history of heart disease engaged a physician support group to help her lose weight. Motivated by the fear that she might not live long enough to raise her 11-year-old son, she agreed to a pilot program at the weight loss clinic utilizing the BettrLife platform.

▶ Lost 143 lbs in 15 months under medical supervision
▶ Significantly improved blood pressure
▶ Reduced cholesterol
▶ Reduced A1C
▶ Eliminated 3 medications
▶ No further need to test blood sugars
▶ Increased walking distance from ¼ mile to completing 17 (5k-10k) races

About

BettrLife is a technology solution that assists healthcare organizations by engaging patients in healthy lifestyle outcomes. The health coaching portal features advanced planning and analytic tools that allow for efficient population health management. BettrLife is built to meet current HIPAA security standards, and the mobile and web applications for nutrition, food and activity can easily integrate with existing workflow and Electronic Health Record (EHR) systems.

Challenges

The patient attempted paper logging and other electronic logging tools prior to using BettrLife. Paper logging was time-consuming, and it was limited to a list of foods, not their nutrition facts. Electronic logging tools were not user-friendly and contained multiple listings of the same foods. She found it difficult to select the food with necessary accurate nutrition information.

The patient had clear macro/micronutrient goals set by her physician. She needed a solution that could accurately display whether or not she was meeting those goals and alert her when she was getting off-track.

Quality of Life Improvements

Patient can fit into seat at sporting event

Patient changed careers to embrace healthier lifestyle

Patient can have fun with her family; e.g., go on rides at the waterpark

How BettrLife Helped

The patient was able to view her nutrition goals on her mobile app. The application enabled her to have structure with eating. It gave her the ability to plan menu items, populating a digital shopping list within her BettrLife app. She purchased items at the supermarket from her digital list, which were then available to select on her log making her food logging simple and easy. As she logged food throughout the day, the BettrLife app let her know if she was on track to meet her goals using emoji. A green smiley face indicated she was doing well, whereas a yellow frown showed her the nutrition goals she wasn't meeting.

The physician was able to remotely view what she was logging in real-time through the Health Coach Portal. The physician sent secure messages through the platform, letting her know where adjustments could be made to her diet and activity. Alerts could be set by the coaches to help them manage large populations.

"My son said, 'I can put my arms all the way around when I hug you, Mom!'"

Results

Knowing her physician was monitoring her log, the patient made better choices. This increased accountability let to a 41% reduction in total body weight. Clear indicators in BettrLife let her know how she was doing during the day, which resulted in smarter food and activity choices.

Because the Bettrlife application intuitively learns patient behavior, frequently eaten foods automatically appear as suggestions in log choices. This makes logging very simple as it creates smart and recent lists of foods typically consumed by an individual.

BettrLife also allowed the patient to plan her meals in advance. This flow between the planning, shopping, and logging modules provided structure for her and gave her the needed guidance through remote interaction. She planned each week's menu in advance and sent needed ingredients to the digital shopping list. Everything she planned appeared on her log, simplifying meal-time prep, and making it easier for her to comply with dietary guidelines.