Mobile phone-based technology solutions to improve chronic disease management

CONFIDANT® makes it possible for patients to carry a virtual health coach on their cell phone. With CONFIDANT, patients not only gain a measure of control over their condition and increase mobility, but healthcare providers and payers benefit significantly through this real-time communication. With the click of a button, key health data is collected, stored, and analyzed. CONFIDANT is easy to learn and use, highly customizable, and absolutely confidential.

CONFIDANT delivers measurable results in both improved health and decreased costs

Our goal is to help chronic disease patients live better lives through more effective health management. Our mobile application simplifies and automates the communication between patients and providers eliminating confusion, redundancies, and inaccuracies. Our patent-pending technology uses wireless communications to collect information from the individual’s home medical devices through a cell phone and upload it to a centralized server. The data is then compared to a pre-set individualized treatment regimen specified by the provider. The CONFIDANT application software interprets the data using proprietary algorithms and delivers individualized feedback to the user’s cell phone in real time. An electronic log created for each patient remains accessible by the caregiver, patient, or guardian through secure Web access.

Diabetes management solution empowers patients and improves care

CONFIDANT has created a diabetes management solution that is easy, safe, private and completely in step with the individual’s mobile lifestyle. Once a day, patients use the CONFIDANT application on their cell phone. With just a few clicks of a button they can:
- Collect the readings from a glucose meter, blood pressure cuff, and/or weight scale
- Answer simple questions about diet, exercise, and medication routine
- Upload this information to the server for storage and review
- Receive customized feedback that promotes positive behaviors

CONFIDANT enhances the physician-patient relationship, and through automatic reminders and notifications, keeps patients and caregivers updated on key aspects of the patient’s treatment plan.

From a payer’s perspective, good diabetes management is good business. CONFIDANT has proven effective in product trials, producing improved outcomes including more frequent testing, better glucose control, and lower HbA1c. In addition to better short-term outcomes that translate to fewer emergency room visits, improving self-management and education has proven to reduce the long-term complications and costs of care.

Weight management solution encourages and supports a healthy lifestyle

The CONFIDANT cell phone-based weight management tool easily extends behavior modification beyond the residential weight loss clinic to the individual’s home. In addition to automating the collection of weight from an electronic scale, the application presents an interactive set of questions, interprets the answers through a decision tree, and provides feedback to support positive healthy behaviors.

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CONFIDANT: Simple, private chronic disease management

Flexible architecture allows for future applications

Other CONFIDANT applications currently in development include pharmaceutical applications to monitor and improve prescription drug regimen compliance and renewal, as well as disease management tools for asthma, congestive heart failure, and hypertension. Solutions for clinical and long-term care environments where the automatic capture of vital signs, biometric data, and qualitative observations will improve productivity and quality of care are also under development.

Users simply follow the instructions on their cell phones to:

- Receive customized feedback to support weight management
- Upload, store, and view their data on the CONFIDANT secure server
- Answer an interactive series of questions on their cell phone about exercise, diet and time management
- Collect daily weight measurement from a home electronic scale

Users receive personalized feedback, coaching, and reminders. All data is stored in an electronic log with graphical displays.

About CONFIDANT

CONFIDANT provides a suite of applications based on its patent-pending technology that improve information flow in chronic disease management, empowering patients and enhancing communication with care providers.

CONFIDANT is the first mobile phone-based chronic disease solution to be cleared by the FDA. The solutions enable communication through mobile phones using standards-based communication technology that wirelessly collects information from home medical devices.

CONFIDANT users maintain a healthy, mobile lifestyle supported by their trusted tool, CONFIDANT.

Find out more about managing chronic disease with mobile-based solutions.

Contact CONFIDANT today.

Users open CONFIDANT on their cell phones, collecting data and measurements from a glucose meter, blood pressure monitor, scale, or other off-the-shelf measurement device.

At the touch of a button, the phone sends data to the CONFIDANT server for analysis, monitoring, and storage. Authorized health care providers, clinicians, and guardians have secure access.

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