SIGNOS

Combatting Weight & The Obesity Epidemic Together



To combat this challenge, and the spidering co-morbidities and costs associated, Signos created a program combining a CGM (continuous glucose monitor) with an Al-driven mobile app experience, to prompt changes in behavior, support a healthy lifestyle and provide real time data-driven weight management.

The Success

The Product



To date, the solution has proven effective across a sample of more than 20,000 people that experienced an average of 5% or greater reduction in weight within 3 months vs the CMS standard of 12 months for the same weight reduction efficacy.

Today, Signos has the largest global repository of non-diabetic user data on efficacy of weight loss and is expanding its program.

The How



Signos translates an individual's metabolic signals into timely recommendations for eating, exercise, and better health. When participants join Signos, they log what they eat, allowing the Signos platform to learn each participant's glucose reaction to specific foods. Simplistically, certain foods or too much food can cause glucose to rise beyond a healthy level. Excess glucose is often stored as fat. The Signos program helps participants short-circuit this cycle. Once calibrated, Signos uses each participant's glucose data to provide personalized nutrition suggestions, including which foods are best for each participant, when to eat them and when to exercise to bring glucose levels back within their optimal range to prevent weight gain.



First Line of Defense

The Signos program can be broadly deployed to the benefit of employers & employees combating the obesity epidemic. As an alternative, or compliment to drug or surgical therapy, the premise of Signos is leveraging Al + visibility into each patient's unique metabolic health to drive micro-behavioral changes which are sustainable. With requests for drug therapy and its costs so dramatically on the rise, our intent is to be the first line of defense to lower cost with optimal long-term outcomes.

1 - https://www.healthsystemtracker.org/chart-collection/how-have-costs-associated-with-obesity-changed-over-time/#Average%20annual%20health%20spending%20for%20enrollees%20with%20or%20without%20an%20obesity%20diagnosis,%202011-2021

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By leveraging an AI backed consumer application + visibility into each user's unique metabolic health through Continuous Glucose Monitors, Signos promotes micro-behavioral changes in patients, resulting in an average 5% weight loss over 3 months for overweight, obese, pre-diabetic, and non-insulin diabetic populations.



With provider oversight & support (by Signos or partner), enabled through the Signos Provider Platform, these results can be enhanced & sustained as an alternative, step, or compliment to drug & surgical therapy.

