



ValidationInstitute

2021 Validation Report

Review for: Kilo Health

Validation Achieved: Level 2 - Outcomes

Valid through June 2022

Company Profile



Category:	Diabetes Management
Website:	https://kilo.health/ , https://klinio.com/
Public or Private:	Private
Year Established:	2013
CEO:	Tadas Burgaila
Company contact:	Kasparas Aleknavičius Kasparas.aleknavicius@kilo.health

Description:

Kilo Health is a digital business working in the health industry. **Kilo Health's** main markets are USA, Canada, Australia, Brazil, Mexico & UK with 4+ million users worldwide.

Kilo Health's Klinio app is designed to help people avoid the most common diabetes management mistakes by covering their caloric intake, macronutrient composition, and the amount of sugar and cholesterol they need to consume. It is all based on nutritional and behavioral science, habit formation, and proven diabetes management methods, including suitable daily physical activities and diabetes education.



Claim Assertion for Validation

People who have Type 2 diabetes and use the Klinio app at least 19 times over 85 days significantly reduce their blood glucose level, as measured by the HbA1c test. These users were twice as likely to achieve clinically meaningful improvement than users who had fewer log ins and/or fewer days.





Method / Calculation / Examples

Data from 270 consecutive users was analyzed. Users had Type 2 diabetes. The data included the users' baseline(pre-enrollment) and follow-up HbA1c levels, the number of days they used the app, the number of days from their first to last use of the app, their height, weight, age, and gender. (Note: only follow-up HbA1c tests that were at least 90 days after the baseline test were analyzed.) Each of these data points were analyzed to determine which was linked to successfully reducing blood glucose as measured by the HbA1c test.





Findings & Validation

The users who had 19 days of logging in to the app and who had at least 85 days from their first to their last log-in reduced their HbA1c level on average 0.5 or more. A change of 0.5 is considered a meaningful change in the person's health status. These users were twice as likely to achieve this improvement as users who had fewer logins over fewer days.

The other factors analyzed – height, weight, age, gender – were not strongly linked to successfully reducing HbA1c levels.





Limitations

This is an observational study and participation was voluntary. Those who reduced their blood glucose may differ from those who did not in ways that were not analyzed.

HbA1c test results were reported by the participant (self-report). This is a potential source of error.





Validation and Credibility Guarantee

Kilo Health's Klinio app achieved Level 2 validation for Outcomes. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee/>.

Level 1 – Savings

Can reduce health care spending per patient/participant or for the plan/purchaser overall.

Level 2 – Outcomes

Product/solution has measurably moved the needle on an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Level 3 – Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Level 4 - Contractual Integrity

No outcomes or savings has been shown, but vendor is willing to put a part of their fees "at risk" as a guarantee.





Validation Expiration: June 2022

CERTIFICATE OF VALIDATION

Applicant:	Kilo Health Antakalnio str. 17, 8 building, Vilnius, 10312 10312, LT
Product:	Klinio App
Claim:	People who have Type 2 diabetes and use the Klinio app at least 19 times over 85 days significantly reduce their blood glucose level, as measured by the HbA1c test.
Validation Achieved:	Level 2 - Validated for Outcomes
Validation Award Date:	September 2021

Linda Riddell
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Validation Institute

Benny DiCecca
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Validation Institute





About Validation Institute

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

