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Taiwan's Health2Sync, Singapore Health Promotion Board and Abbott launch DigiCoach to tackle diabetes and obesity

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To help individuals with pre-diabetes or high BMI prevent or delay the onset of diabetes



Taiwan-based Health2Sync, a leading digital health company, has partnered with the Health Promotion Board (HPB) of Singapore and Abbott on 'DigiCoach', a fully automated engagement programme leveraging Continuous Glucose Monitors (CGM) and its data. The programme aims to empower individuals with pre-diabetes or high Body Mass Index (BMI) to take control of their health and prevent or delay the onset of diabetes through the use of technology and personalized coaching.

The DigiCoach programme, powered by Abbott's continuous glucose monitor (CGM) technology, provides real-time insights into glucose levels in the Health2Sync mobile application.

The Health2Sync app presents charts visualizing real-time glucose changes and patterns, allowing users to see the connection between specific meals/activities and glucose changes. Participants will also have Fitbits to track and view exercise data as part of the programme.

By analysing these data, the programme delivers personalised feedback and health coaching content, including prompts and questions, encouraging self-reflection on successful strategies for blood glucose management and identifying further steps for lifestyle improvement.

Recruitment for individuals to join the DigiCoach program started in July 2024 and the pilot will run for ten months, representing a valuable long-term collaboration between the public and private sectors. This partnership also demonstrates the potential for innovative solutions addressing complex challenges in public health. Health2Sync is committed to working with more governments and organisations to replicate such collaborative partnerships and improve the health and well-being of communities worldwide.