



RediCare**Control**^{DTx}

Case Study

How a targeted workforce
health intervention delivered
clinically measurable
improvements across a high-
risk employee population

THE CHALLENGE

When the company's occupational health department reviewed their employees' health numbers, the facts were sobering. Routine health assessments showed that there was a very high prevalence of chronic disease such as high blood pressure, elevated cholesterol, pre-diabetes, overweight and obese conditions within their employee base. What's more, as their loyal, highly skilled and long-tenured population aged, the odds of this problem worsening were very real.

THE STRATEGY

Following a review of available interventions, the Occupational Health team identified the need for a programme that combined:

- Evidence-based lifestyle intervention
- Digital delivery for shift workers
- Clinical measurement of outcomes
- Personalised health coaching

RediCare's clinically validated behaviour-change programme was selected to address cardiometabolic risk factors at scale.

THE SOLUTION

The company offered the clinically validated RediCare 12-week program to its "at-risk" employees. RediCare onboarded the employees onsite and captured initial health metrics such as blood pressure, lipid profiles, HbA1c, weight, BMI.

The intervention was then delivered online, participants were given a very specific program to follow and an easy to use app to track their food, weight and exercise on a daily basis. Each participant's progress was reviewed weekly and they were sent personalised video reviews on their activity and performance along with guidance for the following week. One-to-one Zoom consultations were also made available to all participants.

"Bringing on an innovative preventative health partner like RediCare is exactly what we needed for our employees"

Occupational Health Nurse



THE RESULTS

The results were profound; we saw an **89% programme completion** with clinically significant improvements across all key metabolic markers. Employees embraced the program, it was made super convenient for them to access and onboard. As the program was digitally delivered, it removed the need for participants to drive to a physical location to meet their health coach. The program does not require participants to buy expensive branded meals; all the foods suggested in the program are wholesome, healthy foods which can be bought in any local grocery store.

The program was all about making very targeted and easy to implement changes to lifestyle which are sustainable and long lasting. The results were very impressive and clinically significant.

BY THE NUMBERS

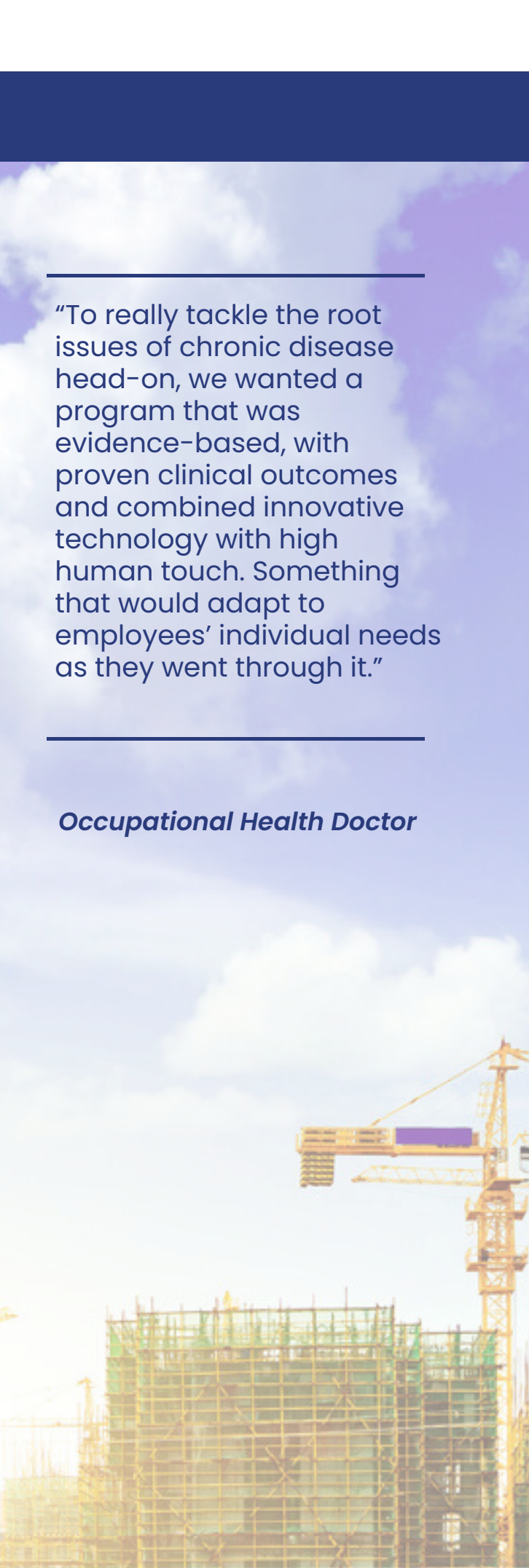


TYPE 2 DIABETES & PRE-DIABETES

One Type 2 Diabetic participant entered remission and all pre-diabetic participants returned to normal HbA1c levels. The Type 2 participant made significant health improvements and by the end of the 12-week program was in remission with an HbA1c of under 48 mmols/mol. All employees who presented as pre-diabetic at program start had reversed their condition back to normal HbA1c levels at program completion.

PARTICIPATION

Employee participation rates were impressive with 89% of participants who started completing the program. **100% of participants lost weight and reduced their blood pressure.** 94% of all participants reduced their triglyceride levels and 81% reduced their cholesterol levels.



"To really tackle the root issues of chronic disease head-on, we wanted a program that was evidence-based, with proven clinical outcomes and combined innovative technology with high human touch. Something that would adapt to employees' individual needs as they went through it."

Occupational Health Doctor

ABOUT REDICARE

RediCare has pioneered a new approach to digital behavioural medicine designed to tackle the growing epidemic of heart disease, type 2 diabetes, and obesity. By combining cutting-edge nutritional science with accessible technology, our programme empowers people to take control of their health and move toward lasting remission from chronic disease.

WORK WITH US

RediCare works with employers, health insurers and individuals to help reduce the enormous cost burden of chronic disease. Each deployment is tailored to our customers' needs to achieve optimal enrolment, clinical outcomes, and financial impact.

WHAT WE OFFER

- Customised marketing campaigns to captivate and encourage employee enrollment.
- Dedicated account manager for one point-of-contact.
- De-identified, aggregate reports to keep you updated on progress.

GET IN TOUCH

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