

Real-World Success: Patient Adherence and Outcomes with the Podimetrics SmartMat™

By Erin Perkins

Managing diabetic foot complications is challenging, especially when consistent patient adherence is difficult to achieve. Many healthcare products and programs demonstrate effectiveness in research settings but often struggle with real-world patient engagement. A common concern is whether patients will actually use them outside these controlled environments. Remote temperature monitoring (RTM), which longitudinally tracks foot temperature—a key indicator of potential diabetic foot ulceration—is a notable exception.

The SmartMat Program is designed to address patient adherence challenges by creating a comprehensive, holistic care model.

Our latest white paper, *Rethinking Adherence in Remote Foot Temperature Monitoring Programs: From Challenges to Solutions*, highlights the SmartMat™ Program as a successful RTM example. The SmartMat Program demonstrates how improving patient adherence can lead to better clinical outcomes, reduce the burden on providers by decreasing the frequency of acute complications, and streamline workflows in real-world settings.

Understanding the Challenges

People with complex diabetes often face obstacles that make it difficult to stick to their care plans, lead-

ing to worse health outcomes, higher medical costs, and severe foot issues like ulcers and amputations. In the U.S., someone loses a limb due to diabetes complications every 3.5 minutes,² and half of those with diabetes-related lower extremity amputations may die within two years.³ Despite tools like RTM to mitigate these risks, patient adherence remains uncertain.

REAL-WORLD ATTAINABILITY



1-3 scans/week

typical number of scans at which patients achieve the standout clinical results demonstrated by the SmartMat Program.

The SmartMat Program has a significant positive impact, even in traditionally non-adherent populations like Veterans and Medicaid groups.

The SmartMat Program: A Patient-Centric Solution

The SmartMat Program is designed to address these adherence challenges by creating a comprehensive, holistic care model. This program combines technology, monitoring, and personalized support to help deliver a difference for patients and healthcare providers—all with one 20-second scan per day. Clinical evaluations and real-world deployments have both shown that the SmartMat Program has a significant positive impact, even in traditionally non-adherent populations like Veterans and Medicaid groups.^{4,5,6,7}

The SmartMat Program ensures patient adherence through its user-friendly design, offering easy setup and quick scans, even for those with mobility or dexterity challenges. Ongoing support from compassionate experts keeps patients engaged and informed. Additionally, the device is shipped directly to the patient. It can be used for up to one year without needing replacement, while the efficient support model



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expands access to preventive care without burdening physicians.

Proven Adherence and Outcomes

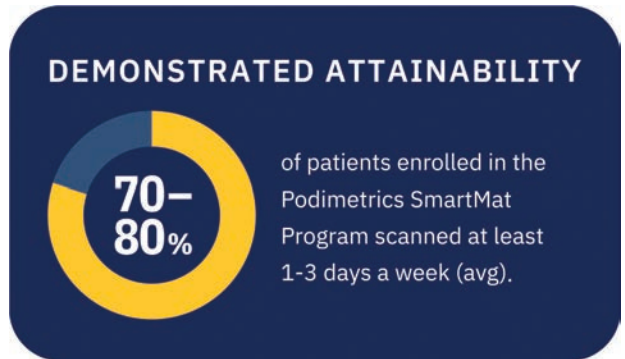
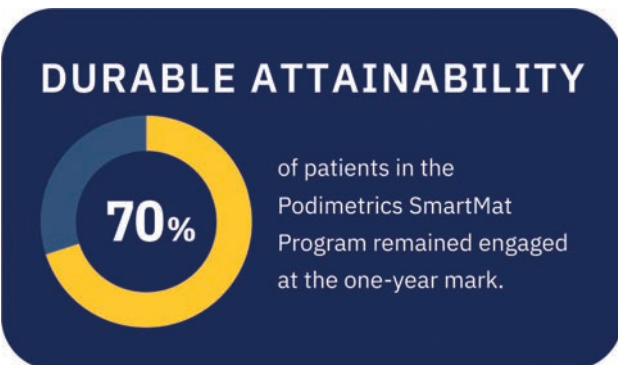
Once patients are enrolled in the program, they truly engage with it. While the ideal scenario is daily use, our data shows that even with slightly less frequent use, patients still derive significant benefits. In fact, scan data reveals that more than 4 out of 5 users step on the mat as directed multiple times a week,⁵ and 70-80% of patients consistently engage with the device, scanning 1 to 3 times weekly on average⁷. This level of engagement still yields clinically meaningful data and supports valuable interactions between patients and providers,

At the one-year mark, 70% of SmartMat Program patients still actively use their monitoring device as part of their self-care regimen.

contributing to improved outcomes and effective care management.

Most patients are still regularly scanning at 12 months. Patients build a stable, consistent routine around their monitoring scans. At the one-year mark, 70% of SmartMat Program patients still actively use their monitoring device as part of their self-care regimen.⁶ These adherence levels translate into significant preventive outcomes and cost-saving benefits, establishing the SmartMat Program as a benchmark for real-world attainability.

Compared to other remote monitoring solutions, the SmartMat Program stands out with a 70% patient adherence rate at one year,⁵ surpassing the 56.8% adherence seen in intensive insulin therapy for Type



2 Diabetes.⁸ Despite the variability in patient conditions, the SmartMat consistently achieves higher engagement and effective adherence targets.

A Proven Path to Better Outcomes

Podiatrists aiming to enhance patient outcomes and reduce costs can rely on the SmartMat Program as a proven, patient-friendly solution. *Discover more about its impact on adherence and care by downloading our comprehensive white paper through the QR code or visiting <https://podimetrics.com/adherence-white-paper-lp/> or click here.*



References

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- ⁷ Podimetrics data on file.
- ⁸ McPherson M, Carroll M, Stewart S. Patient-perceived and practitioner-perceived barriers to accessing foot care services for people with diabetes mellitus: a systematic literature review. *Journal of Foot and Ankle Research*. 2022 Dec 16;15(1).