Workplace health promotion using a digital health programme with monthly telecoaching to improve clinical and lifestyle-related outcomes

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Aims

To evaluate the effectiveness of a workplace digital health promotion programme with monthly telecoaching on various lifestyle and clinical outcome measures.

Methods

We recruited 103 participants from an occupational setting in the UK. Participants were assessed at baseline, and 3 and 6 months following intervention to determine the effect of an employer sponsored digital telecoaching intervention on various lifestyle and clinical outcome measures.

Results

A pragmatic sample size of 103 participants from a wide demographic background was recruited at baseline, with 95 participants (92%) completing the programme by 6 months. Almost all participants showed a significant improvement in the health score and 24 secondary outcome measures including HbA1c, blood pressure and reduction in smoking. Linear regression model showed that after adjusting for age and gender, the LiveSmart health score appeared to significantly improve by 6.22 units at 3 months (95% confidence interval (CI) 4.38 to 8.06) and by 7.73 units at 6 months (95% CI 5.75 to 9.71), compared with baseline visit, $p<0.001$.

Conclusion

The LiveSmart digital health promotion programme with monthly coaching was a largely successful intervention programme achieving good traction with participants and significant improvement in a number of key outcomes, including lower HbA1c and reduced salt intake among other clinical and healthy lifestyle-related behaviours. A simplistic approach to modelling suggests that the programme has a good return on investment overall and offers a number of tangible and intangible benefits to the service user and the employer, and in the context of the wider health economy. A larger study with a longer follow-up is recommended to better understand the cost-effectiveness of health promotion interventions in the occupational setting. ■

Conflict of interest statement

None.

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