


Our mission

To make weight management equitable.

We do this by supporting people to implement long-term behavioural change with our best-in-class deep tech digital health platforms developed with clinicians and patients.

 **Demonstrated in 15 peer-reviewed studies**
and being researched in 8 more.



Awards

NHS^x

aws

THE LLOYDS BANK
**NATIONAL
BUSINESS
AWARDS UK**

WINNER

The UK's
Digital Health Playbook
- 'First 100' Companies

INNOVATION
IS
GREAT

Senior Leadership Team



Arjun Panesar
Chief Executive Officer

Arjun is a best-selling health AI author, Advisor to Information School, University of Sheffield, NHS Innovation Fellow, Imperial College Alumni Leader, NNEdPro Collaborator, and Honorary Clinical Lecturer at Warwick Medical School, University of Warwick.



Charlie Summers
Chief Operations Officer

Charlie is a world-leading behavioural scientist with 14 published papers, leading the award-winning research into DDM's therapeutics. Charlotte is a NNEdPro Collaborator and an Honorary Clinical Lecturer, University of Warwick.



Dr Amit Kaura
Chief Medical Officer

Dr Kaura is a Clinical Lecturer at the National Heart and Lung Institute (NHLI), Imperial College London and Lead researcher for the NIHR Cardiovascular Health Informatics Collaborative. His academic work has been published in the highest-rated medical journals.



Professor Grant Brinkworth
Chief Research Officer

Professor Brinkworth has 20+ years' experience leading large-scale clinical trials in for the Australian Government (CSIRO). Professor Brinkworth has secured a REDI Fellowship to be seconded to DDM to support the launch of Gro Health Australia.



Dr Petra Hanson
Weight Management Lead

Dr Hanson is an NIHR Clinical Lecturer in Diabetes and Endocrinology, MBChB, BSc, MRCP, FHEA, PhD, Topol Fellow and NHS Clinical Entrepreneurship Fellow. Dr Hanson is the clinical lead for Gro Health specialist weight management service.



Dr Peter Foley
Clinical Safety Officer

Dr Foley is a family GP certified in Clinical Safety by NHS Digital with a special interest in metabolic health and digital transformation. Peter oversees the clinical safety and governance of our digital and virtual services.

Gro Health is a virtual obesity & complex comorbidity clinic

We support patients with precision digital health and virtual care service.

Languages:

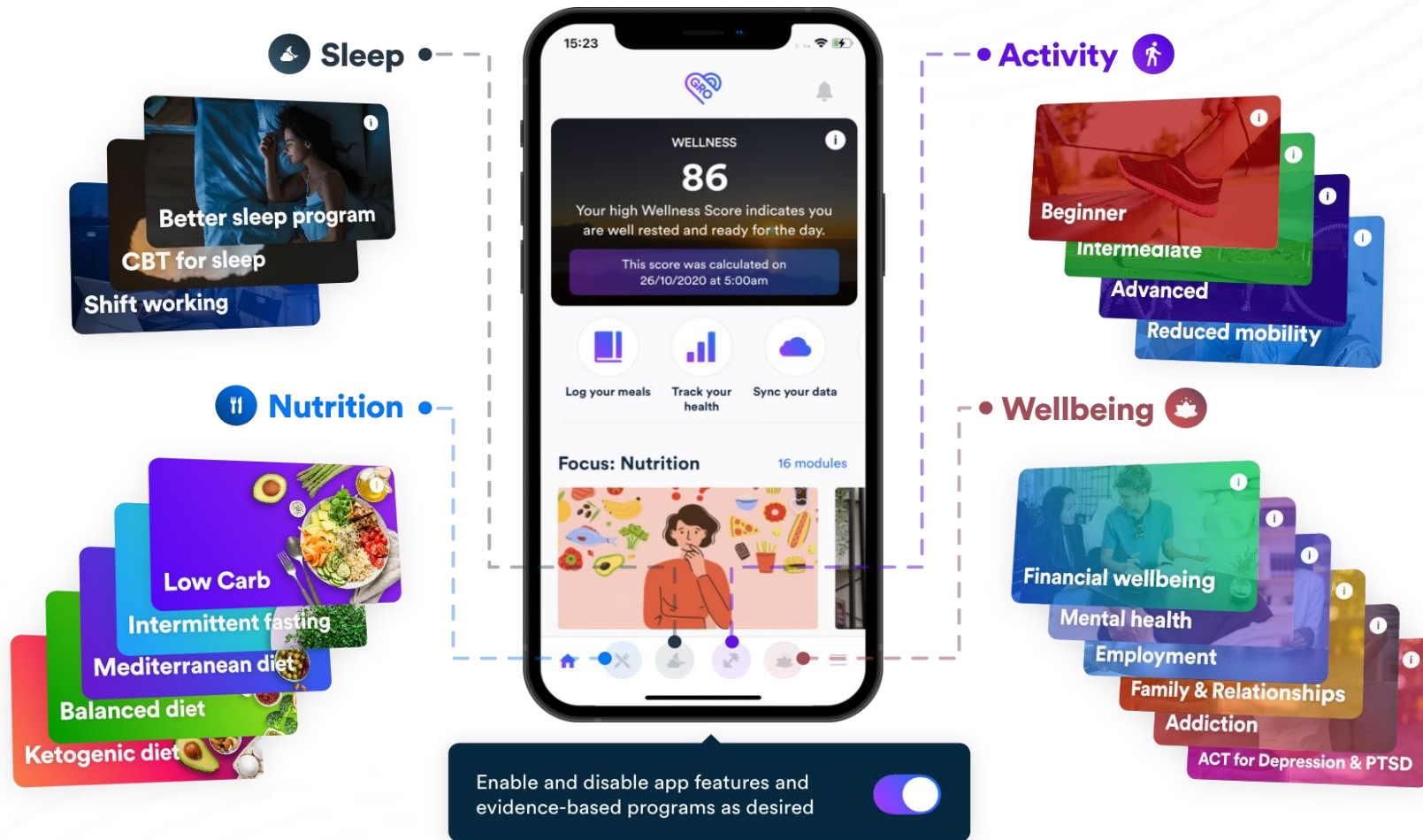
- English
- Albanian
- Arabic
- Bengali
- Gujarati
- Hindi
- Punjabi
- Urdu
- Tamil
- French
- German
- Lithuanian
- Polish
- Portuguese
- Romanian
- Spanish
- Turkish
- Welsh

Conditions:

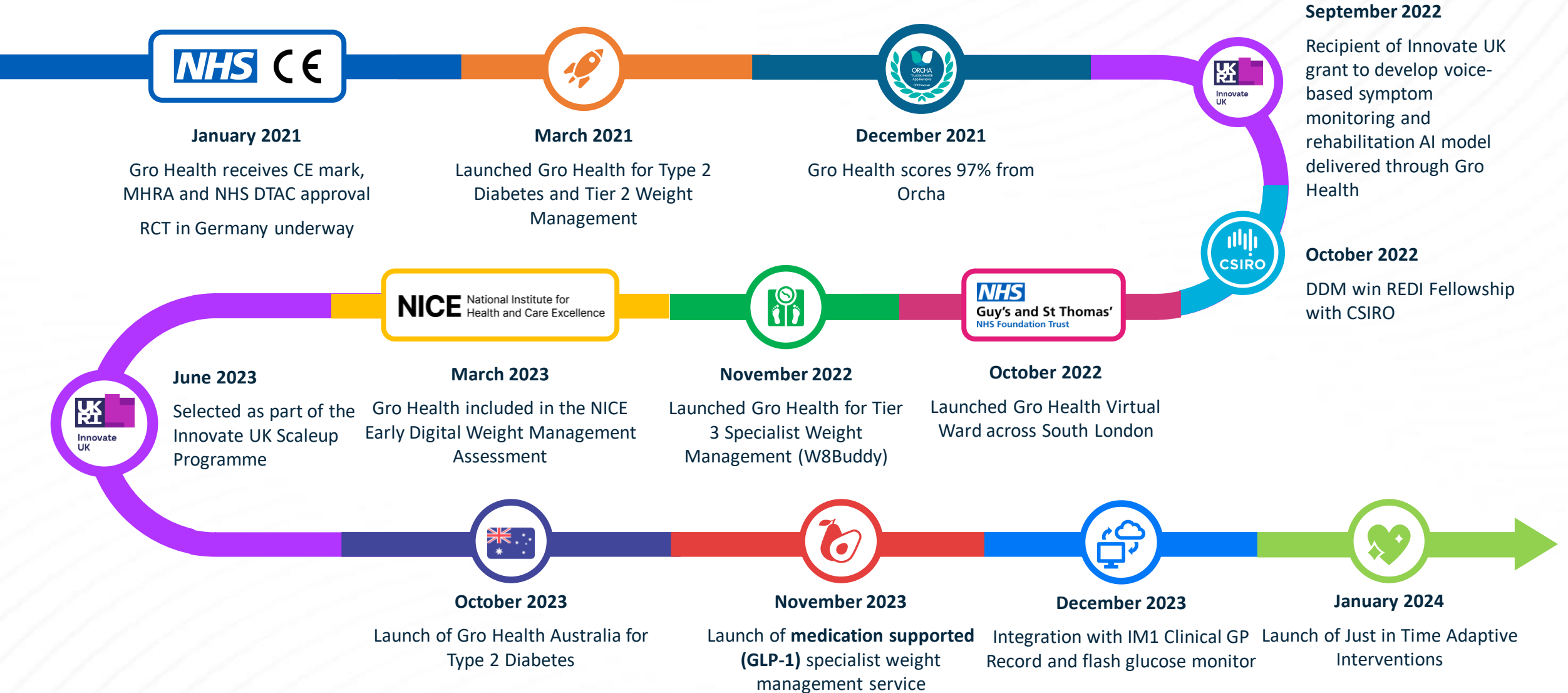
- Weight Management
- Specialist Weight Management
- Bariatric Surgery Preparation
- Prediabetes
- Type 2 Diabetes
- Cardiovascular Disease Prevention
- Hypertension
- Post-coronary Intervention
- Non-alcoholic Fatty Liver Disease
- Polycystic Ovary Syndrome
- Smoking Cessation
- Anxiety
- Stress
- Menopause
- Men's health
- Musculoskeletal Health
- Children's Weight Management
- Children's Mental Health & Wellbeing



Personalised and adaptive behavioural change support pathways



Evolution of Gro Health



Peer-reviewed evidence and outcomes

Demonstrated in 15 peer-reviewed published studies (JMIR, BMJ, BJGP).

OUTCOME	USE CASE	EVIDENCE
Weight loss	Type 2 diabetes ¹	7% body weight reduction
	Obesity (Tier 3) ²	4.3% body weight reduction
	Obesity (Tier 2) ³	4.5% body weight reduction
Remission	Type 2 diabetes ^{1,4,5}	26%
	Prediabetes ⁴	63%
	Demedication ^{1,4}	60% eliminate/reduce meds
Mental health	Stress ⁶	23% improvement
	Depression ⁶	32% improvement
	Anxiety ⁶	33% improvement
	Quality of Life ⁷	8% improvement
Acceptance and retention	Referral/Activation ²	86% activate from referral
	12 weeks ^{2,6}	87% remain engaged
	52 weeks ^{1,4}	71% remain engaged
Clinical efficiency and quality	Comparison with face-to-face specialist weight management ⁸	Quality and efficacy equivalent to F2F (>150% improved outcomes)



4.8x
ROI ON TYPE 2
DIABETES
SPEND⁹

References on slide 23



Real world impact

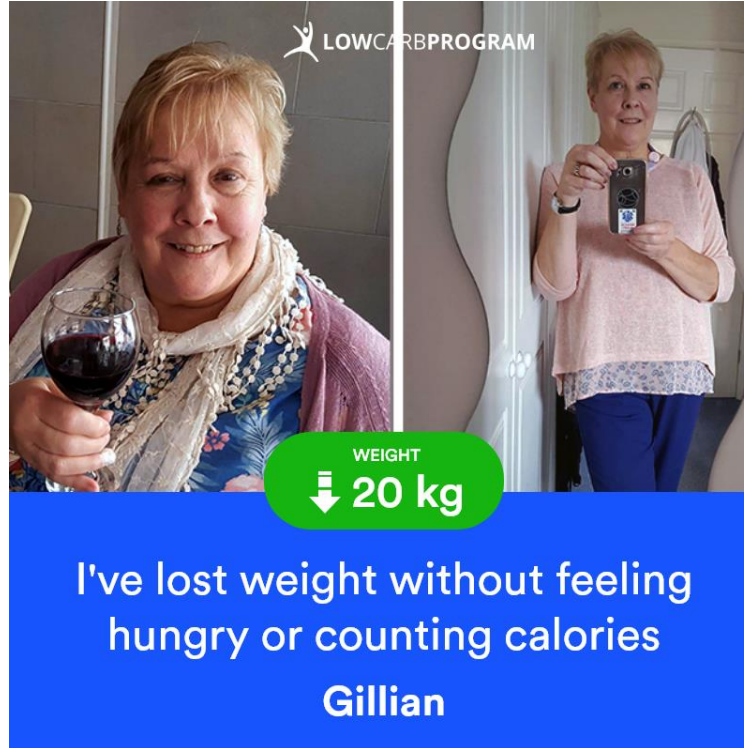


LOW CARB PROGRAM

WEIGHT
↓ 16 kg

HbA1c
↓ 14 mmol/mol

“I reversed my type 2 diabetes after 5 years”
Paul, Southampton



LOW CARB PROGRAM

WEIGHT
↓ 20 kg

I've lost weight without feeling hungry or counting calories
Gillian



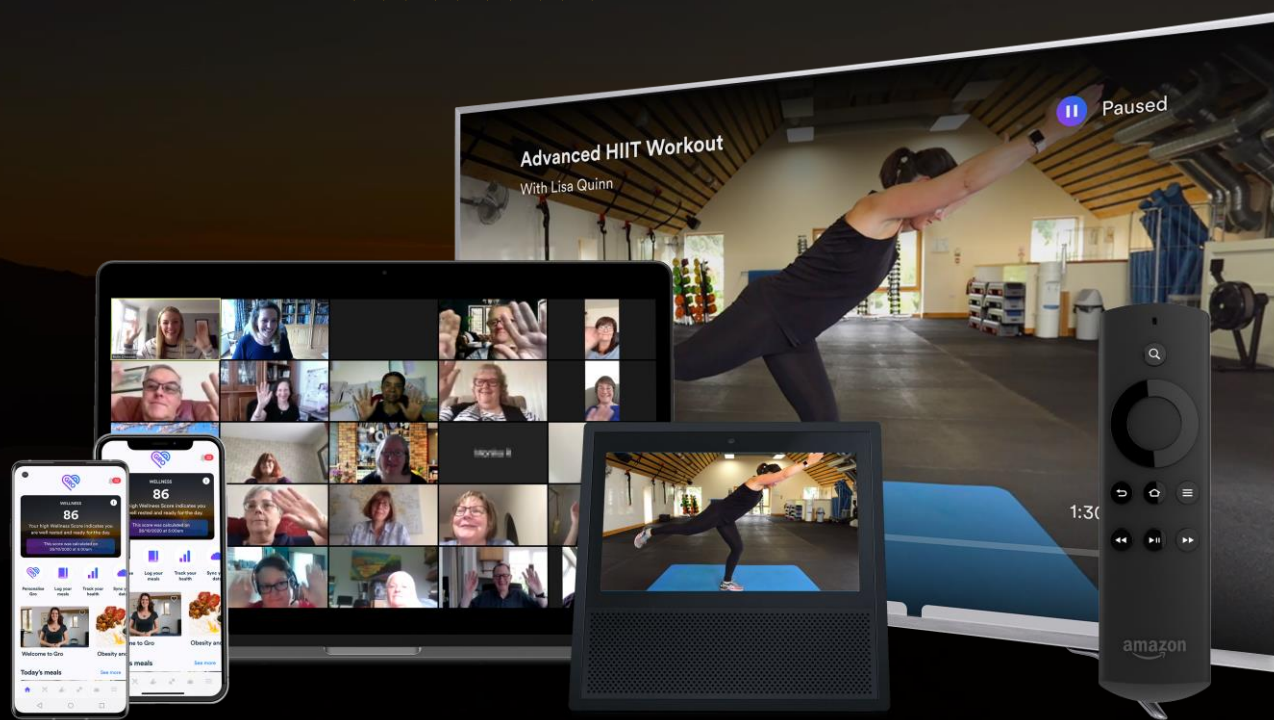
LOW CARB PROGRAM

WEIGHT
↓ 18 kg

I'm in type 2 diabetes remission after 23 years!
David



“Since downloading and using the Gro app daily I’m feeling healthier and sleeping better. Highly highly recommend”



SCAN THE CODE
OR VISIT GRO.COACH

