

Dario's Data-Driven Digital Health Platform Delivers Significant and Sustainable Improvements in Blood Pressure: Findings Published in JMIR Cardio

Peer-reviewed JMIR Cardio study demonstrates real-world clinical impact of data-driven digital nudges on hypertension outcomes

Data-driven engagement translates to lower health risks and downstream cost savings for Dario clients

Results highlight Dario's ability to deliver lasting impact and further cement the Company's position as a proven leader in evidence-based digital care

NEW YORK, Dec. 4, 2025 /PRNewswire/ -- **DarioHealth Corp.** (NASDAQ: DRIO) (the "Company", "DarioHealth" or "Dario"), a leader in global digital health, today announced publication of a new peer-reviewed study in JMIR Cardio demonstrating that data-driven nudges delivered via Dario's digital health platform are associated with significant and sustainable improvements in blood pressure ("BP") outcomes.

The study, titled "[*The Impact of Digital Intervention Messages Targeting Users With High Blood Pressure Events: Retrospective Real-World Study*](#)," analyzed real-world BP data from platform users whose health was tracked over time, comparing a cohort that received digital intervention messages to a propensity-matched control group.

[According to the CDC](#), nearly [120 million](#) people in the U.S. live with hypertension, a major public health [challenge](#) that has been identified as the leading preventable risk factor for premature death. 59% of Dario's clients today leverage its cardio-metabolic suite to support members in managing hypertension.

Key findings were that among users with high BP (high-BP cohort), those receiving digital nudges experienced a statistically significant reduction in monthly average systolic blood pressure three months after the intervention ($B = -2.09$; $P < .001$), compared to a smaller reduction in the control group ($B = -1.06$; $P = .007$). Users reporting higher lifestyle activity levels further achieved greater systolic blood pressure reduction ($B = -5.27$; $P < .001$), underscoring the additive benefit of behavioral engagement in conjunction with digital nudges.

This research provides important real-world clinical evidence that personalized, data-driven digital interventions can meaningfully reduce blood pressure in individuals with hypertension – and help maintain healthy BP levels in individuals without overt hypertension. The fact that BP improvements persisted over time after the initial intervention shows that digital nudges via Dario's platform are not merely momentary triggers, but instead can support sustained, long-term management of hypertension.

"This new study represents strong clinical evidence that data-driven digital nudges – when delivered reliably via a robust platform – can move the needle on key cardiovascular health outcomes," said Dr. Omar Manejwala, Chief Medical Officer at Dario. "Indeed, for employers, payers and health systems evaluating digital health, BP control and long-term sustainability are critical – and we believe that these data show Dario's approach delivers both."

"The findings reinforce Dario's belief that personalized, behavior-informed digital interventions – not just passive monitoring – are essential to achieving meaningful clinical impact," added Yifat Hershcovitz, PhD, Vice President of Clinical & Scientific Affairs at DarioHealth.

For employers and healthcare clients, this translates into measurable value: by improving BP control across populations, digital health platforms like Dario have the potential to reduce downstream cardiovascular risks, lower costs associated with complications and improve overall population health – all while integrating seamlessly with existing care workflows.

About DarioHealth Corp. (NASDAQ: DRIO)

DarioHealth Corp. (NASDAQ: DRIO) is a leading digital health company revolutionizing how people with chronic conditions manage their health through a user-centric, multi-chronic condition digital therapeutics platform. Dario's platform and suite of solutions deliver personalized and dynamic interventions driven by data analytics and one-on-one coaching for diabetes, hypertension, weight management, musculoskeletal pain and behavioral health.

Dario's user-centric platform offers people continuous and customized care for their health, disrupting the traditional episodic approach to healthcare. This approach empowers people to holistically adapt their lifestyles for sustainable behavior change, driving exceptional user satisfaction, retention and results and making the right thing to do the easy thing to do.

Dario provides its highly user-rated solutions globally to health plans and other payers, self-insured employers, providers of care and consumers. To learn more about Dario and its digital health solutions, or for more information, visit <http://dariohealth.com>.

Cautionary Note Regarding Forward-Looking Statements

This news release and the statements of representatives and partners of DarioHealth Corp. related thereto contain or may contain forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Statements that are not statements of historical fact may be deemed to be forward-looking statements. For example, the Company is using forward-looking statements in this press release when it discusses the future benefits and value of the Company's platform for employers, payers and health systems, including the potential to reduce downstream cardiovascular risks and lower costs associated with complications and improve overall population health. Without limiting the generality of the foregoing, words such as "plan," "project," "potential," "seek," "may," "will," "expect," "believe," "anticipate," "intend," "could," "estimate" or "continue" are intended to identify forward-looking statements. Readers are cautioned that certain important factors may affect the Company's actual results and could cause such results to differ materially from any forward-looking statements that may be made in this news release. Factors that may affect the Company's results include, but are not limited to, regulatory approvals, product demand, market acceptance, impact of competitive products and prices, product development, commercialization or technological difficulties, the success or failure of negotiations and trade, legal, social and economic risks, and the risks associated with the adequacy of existing cash resources. Additional factors that could cause or contribute to differences between the Company's actual results and forward-looking statements include, but are not limited to, those risks discussed in the Company's filings with the U.S. Securities and Exchange Commission. Readers are cautioned that actual results (including, without limitation, the timing for and results of the Company's commercial and regulatory plans for Dario™ as described herein) may differ significantly from those set forth in the forward-looking statements. The Company undertakes no obligation to publicly update any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by applicable law.

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<https://dariohealth.investorroom.com/2025-12-04-Darios-Data-Driven-Digital-Health-Platform-Delivers-Significant-and-Sustainable-Improvements-in-Blood-Pressure-Findings-Published-in-JMIR-Cardio>