SmartLoss
[ Health Improvement, Lifestyle Intervention ]

SmartLoss is a smartphone-based application or app, used to remotely deliver weight loss treatment from clinicians at Pennington Biomedical to patients while they reside in their natural environments.

This app compiles data from participants (weight, physical activity, food intake) to determine adherence to a predetermined weight loss plan. These data are reviewed by clinicians, who then send personalized treatment recommendations to the patient via their smartphone.

Similarly, when SmartLoss is used as a computer program on traditional computers, it compiles weight, physical activity, and food intake data from participants to determine levels of adherence to a predetermined weight loss plan. These data are reviewed by clinicians, who then provide personalized treatment recommendations to the patient.

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