

Oviva Announces Positive Top-Line Results from AMODA and HYPE Clinical Trials

Zurich, March 26, 2025 – Oviva, Europe's leading virtual care provider for weight-related conditions, proudly announces that two key clinical trials evaluating its digital health application for obesity and hypertension have successfully met their primary endpoints. The AMODA trial (Multimodal Obesity-Management) and the HYPE trial (Hypertension Program) each achieved statistically significant improvements in patient outcomes, marking a milestone in digital interventions for metabolic and cardiovascular health. Both trials will be presented in May; AMODA at the European Congress on Obesity in Malaga whilst HYPE will be presented at the European Meeting on Hypertension and Cardiovascular Protection, with full-paper publications following this. These top-line results strengthen the clinical evidence supporting Oviva's approach to accessible, technology-enabled care.

AMODA Trial: Digital Obesity Management Success

The AMODA trial evaluated Oviva Direkt für Adipositas, a digital multimodal obesity management program, in adults with obesity (body mass index 30–45 kg/m²). A total of 164 patients in Germany were randomized to either the Oviva digital intervention plus standard of care or control with standard of care, with a primary endpoint of mean weight loss at 24 weeks. AMODA met its primary endpoint, as patients using Oviva's obesity digital health application achieved significantly greater weight loss at 24 weeks compared to those receiving standard of care alone (exact figures will be disclosed in forthcoming publications). The trial's design includes an extension phase with follow-up to 24 months, allowing observation of sustained weight management and improvements in health-related quality of life and nutritional knowledge. The extension phase is still ongoing. Its findings confirm that foundational lifestyle interventions for people with obesity can be effectively delivered through digital means.

"The AMODA results clearly demonstrate that Oviva's digital weight-loss intervention can lead to clinically significant and meaningful weight loss across a broad range of patients with obesity—significantly outperforming standard care," said PD Dr. med. Anne Lautenbach, specialist in Endocrinology and Diabetology at the University Medical Center Hamburg-Eppendorf. "Managing obesity through a digital health application not only yields impressive early results, but also holds promise for long-term health benefits. We now look forward to the results of the extension trial."

HYPE Study: Breakthrough in Hypertension Control

The HYPE trial tested Oviva Direkt Hypertension, a new digital health application for patients with essential hypertension, as an adjunct to standard of care. The trial enrolled 139 adults with hypertension across Germany, examining whether the 12-week digital program could further reduce blood pressure compared to standard treatment alone. HYPE met its primary endpoint, with the Oviva digital health application group achieving a significantly greater reduction in mean systolic blood pressure at 12 weeks versus the control group ($p < 0.05$). Participants using the digital health application also showed favorable trends in secondary outcomes, including weight loss and improved health-related quality of life, consistent with the application's holistic

approach to lifestyle modification. No safety concerns were reported, underscoring the program's tolerability as a digital therapeutic in hypertension management.

"With HYPE, we see clear evidence from a randomized, controlled trial that a digital therapeutic can effectively augment hypertension treatment," noted Florian Limbourg, Prof. MD, principal investigator of the HYPE trial and Vice Chairman of the German Hypertension League. "Even modest blood pressure reductions can lead to meaningful decreases in cardiovascular risk, making these results particularly encouraging to the thousands of people in Germany with uncontrolled hypertension. Oviva's new digital therapy supports patients in adopting healthier habits alongside standard of care."

Next Steps and Significance

Reaching the primary endpoints in both AMODA and HYPE is a significant milestone for Oviva's clinical research program. It provides robust evidence that digital health application-based, guided behavior change can yield quantifiable weight and blood pressure management benefits. Detailed results from both trials are currently under analysis and will be submitted to peer-reviewed journals and presented at upcoming scientific conferences in 2025. Oviva's Chief Medical Officer, Nicolai Rhee, emphasized that these successes will not only accelerate the integration of digital therapeutics into standard healthcare pathways for metabolic diseases but also be used to expand reimbursed access to Oviva's digitally-enabled care. Further data, including subgroup analyses and long-term outcomes, will be shared upon publication and conference presentation. Both trials were previously listed as ongoing trials on Oviva's publications page and are part of a broader evidence-generating effort by Oviva (see [here](#)). Additional trials (e.g. in type 2 diabetes) are in progress, reflecting Oviva's commitment to building a rigorous evidence base for its digital health solutions. By collaborating with healthcare professionals and researchers, Oviva aims to expand access to effective, guideline-based interventions through user-friendly technology.

ABOUT Oviva

Oviva is creating a healthier future for people living with weight-related conditions by offering highly accessible and effective technology-enabled therapy. As the European leader in virtual care, Oviva combines cutting-edge technology with personalized coaching to empower individuals to make sustainable lifestyle changes and improve health outcomes. With Oviva's medical device-certified app, patients can easily track their meals, physical activity, and weight, engage with a multidisciplinary care team via chat, and access educational content tailored to their needs. To ensure the best individual care, Oviva integrates access to weight-loss medications (GLP-1s) and provides comprehensive, fully reimbursed support before, during, and after treatment. Oviva's holistic care helps people to lead a healthier life, relieves pressure on doctors to advise on weight and lifestyle, and ultimately leads to savings for the health system. Oviva works directly with statutory health insurers and national healthcare systems in the UK, Germany and Switzerland, and has already treated over 900,000 patients across Europe.

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