



Healthier habits. Healthier patients.

WHAT IS NUNA?

Nuna is a digital health coach that helps patients follow your cardiometabolic care plan, keeping them on track between visits — proven in hypertension.

Gottlieb M, Pallok K, Zimmermann LJ, et al. Association of an AI-Enabled Gamified Mobile Health App on Blood Pressure Outcomes in a Matched Cohort. J Gen Intern Med. Accepted 27 July 2026.

**Patients can enroll and use it entirely on their own with no supervision required.
At no charge to clinic or patients, your patients get support for:**

Hypertension

Prediabetes

Type 2 Diabetes

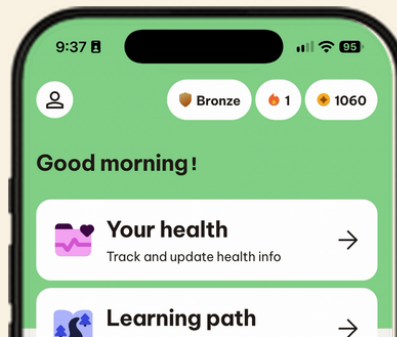
Obesity

Dyslipidemia

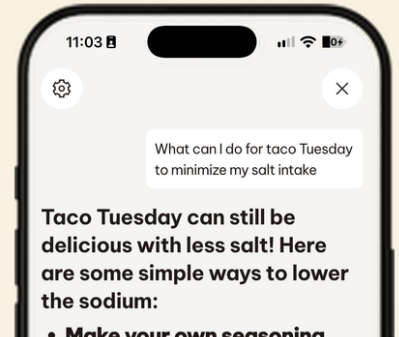
Connected BP cuff for at-home
vitals tracking at no-charge



Personalized daily guidance on
nutrition, activity, medication
adherence



AI-enabled patient engagement:
Non-medical habit building and
encouragement



HOW DOES NUNA BENEFIT MY PRACTICE?

Reach more patients

Extend lifestyle support to your
whole panel, not just the patients
you see most.

More informed visits

Home readings, dietary and
activity trends, available for
review.

More engaged patients

Daily coaching helps
patients stick to their
care plan.



TRY IT YOURSELF

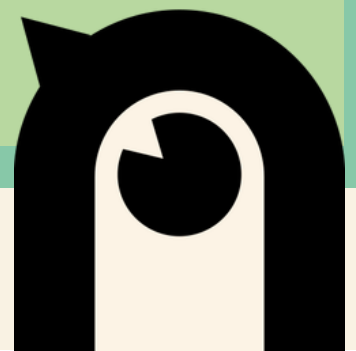
Flip this page for key
experiences of the app or to
download and try on your own!

PATIENTS CAN ENROLL NOW

Have them download Nuna at
nuna.com/download
No charge to you or patient.

Your recommendation gets them started.

Questions? Learn more at nuna.com/clinicians or reach us at hello@nuna.com

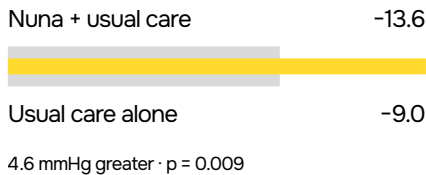


Clinical Evidence: AI-Enabled Mobile App Improves Blood Pressure Outcomes

BLOOD PRESSURE

13.6 mmHg

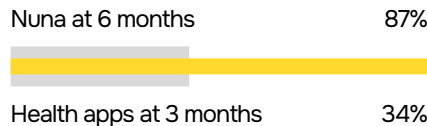
Mean systolic drop in uncontrolled stage 2.



RETENTION

87%

Were still using Nuna at six months.



ENGAGEMENT

75%

Used it at least weekly at six months.



Also Observed Within the Nuna arm.

6 in 10
Began uncontrolled and reached control by six months.

2.5× Odds
Higher odds of BP control among patients using Nuna weekly (95% CI 1.28–5.10).

HOW IT WORKS

Your recommendation gets a patient started. Nuna supports the everyday decisions your care plan depends on.

- At no cost to you or your patients
- Scalable to the whole panel
- Nothing to install, nothing added to your day

10 seconds in clinic. 10% cardiovascular risk reduction at home.[†]

Recommend Nuna at your next visit.

5x5

Patients are 5.5x more likely to enroll when recommended directly by their physician.

Read the study



doi.org/10.1007/s11606-026-10684-0

Learn more



www.nuna.com/clinicians/

A physician's view

“

As a primary care physician, I've struggled at times to get patients to care about their blood pressure.

Nuna changed that. It gives patients a simple tool to build healthy habits at home. I've seen it help patients stay engaged with their blood pressure between visits.

David Ansell, MD

Rush University System for Health · Senior Vice President for Community Health Equity, Rush University Medical Center

Your recommendation gets them started

Questions? Learn more at nuna.com/clinicians or reach us at hello@nuna.com

Read the full announcement at nuna.com/press