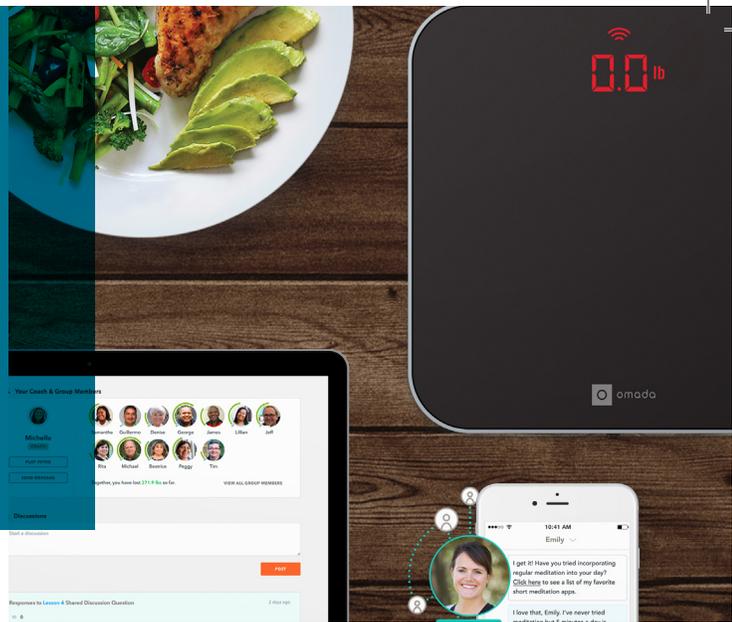


OMADA FOR PREVENTION



PERSONALIZED SUPPORT TO HELP REDUCE THE RISK OF TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE

Omada is the largest digital Diabetes Prevention Provider in the United States, fully recognized by the Centers for Disease Control and Prevention (CDC). Their digital lifestyle change program is designed to help at-risk employees lose weight, build strategies for healthy eating, activity, sleep and stress management, and reduce their risk for type 2 diabetes and heart disease.

Program Features

Omada engages participants in lifelong health, one step at a time. By empowering participants to build skills that are personally relevant, at a pace that is manageable, and with the support of others, they will stay engaged and make changes that last.

Key elements of the approach include:

- **A professional health coach for one-on-one guidance.** The coaches use real-time data to keep participants on track, on their best days and their challenging days.
- **Actionable data.** Machine learning creates a personalized experience for participants and their coaches.
- **A wireless scale to monitor progress.** Participants receive a wireless scale, synced to their online account and ready to track progress.
- **Clinical focus.** All programs and lessons are based on evidence and clinical best practices to help educate and inspire.
- **A small peer group for real-time support.** Participants are matched with like-minded peers for added encouragement and accountability.
- **Anywhere access.** Omada's engaging app enables your employees to learn, track and interact at any time.

Help For Multiple Health Conditions

Omada provides personal support for employees who are overweight and have at least one of the following risk factors:

- Dyslipidemia
- High cholesterol
- Hypertension
- Obesity (BMI >30)
- Prediabetes
- Tobacco use

Outcomes that Matter

Omada has published three-year data showing maintenance of successful outcomes and demonstrating a significant reduction in risk for three chronic diseases:¹



Omada for Prevention is included with large fully insured plans and max liability plans and is a buy-up option for self-funded employers.



For more information about the Omada program, contact your broker or Medica sales at **1 (800) 371-1613**.

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¹ Su W, Chen F, Dall TM, Iacobucci W, Perreault L. Return on Investment for Digital Behavioral Counseling in Patients With Prediabetes and Cardiovascular Disease. *Prev Chronic Dis* 2016;13:E13. Study funded by Omada Health; Omada Health had no role in the study/model design and data analysis. Outcomes reflect participants who were enrolled in the Omada program for at least 16 weeks. Actual results may vary based on age, gender and other individual and demographic factors.

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