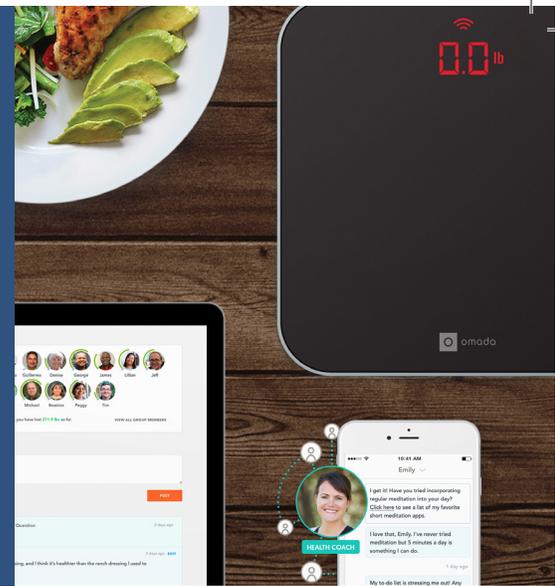


# Omada for Prevention



## Personalized support to help reduce the costly risk of Type 2 diabetes and cardiovascular disease

Omada is an industry leading digital diabetes prevention provider and fully recognized by the Centers for Disease Control and Prevention (CDC). Its digital lifestyle change program works to help at-risk employees lose weight, build strategies for healthy eating, activity, sleep, and stress management – all of which can cut their risk for Type 2 diabetes and heart disease.

### How it works

Omada helps users build relevant skills at a manageable pace. Plus it offers support to keep them engaged so they can make lasting health behavior changes.

Key features:

- A professional health coach for one-on-one guidance. The coaches use real-time data to keep your employees on track.
- A wireless scale to monitor progress. The scale syncs to each user's online account to track progress.
- Clinical focus. All programs and lessons are based on evidence and clinical best practices.
- A small peer group for real-time support. Users get matched with like-minded peers to keep them encouraged and accountable.
- Anywhere access. The Omada app lets your employees learn, track, and interact at any time.
- Skill building. Users get tools to address specific behavioral challenges based on cognitive behavioral therapy and mindfulness, including stress management and sleep lessons.

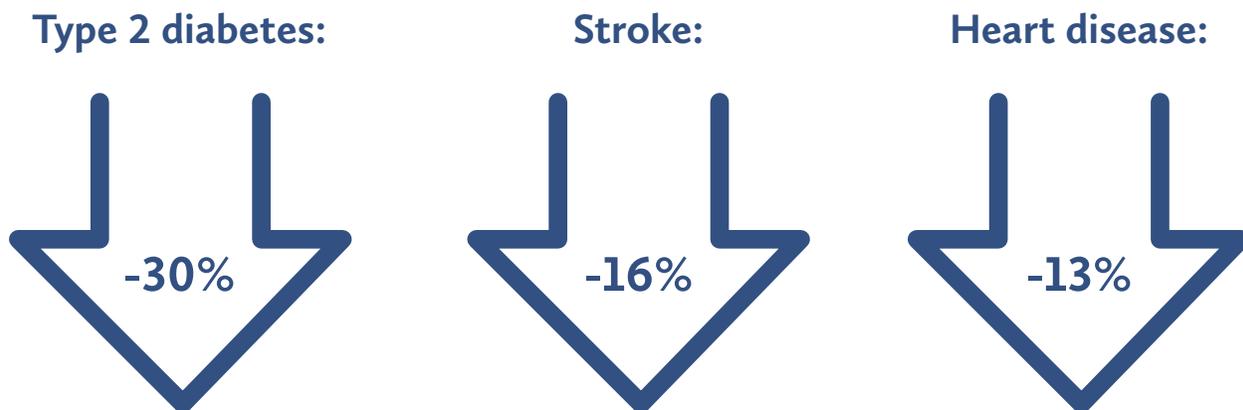
### Help for multiple health conditions

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, along with a significant reduction in risk for three chronic diseases:<sup>1</sup>



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



### Have questions? We're here to help.

To learn more, contact your broker or Medica sales at **1 (800) 371-1613**.

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.