omada | HealthPartners

Healthy Patterns for Life

Omada is a digital care program that empowers people to achieve their health goals through sustainable lifestyle change.

Participant Experience

We engage people in lifelong health, one step at a time.

Human Guidance
A professional health coach provides support tailored to a participant's needs.

Connected Devices
Our digital tools sync automatically to an online account, making it easy to track progress.

Actionable Data
Machine learning creates a personalized experience for participants and their coaches.

Clinical Focus
All programs and lessons are based on evidence and clinical best practices.

Peer Support
Participants receive real-time encouragement from others facing similar challenges.

Anywhere Access
Omada's engaging app enables participants to learn, track, and interact at any time.

The Omada Advantage

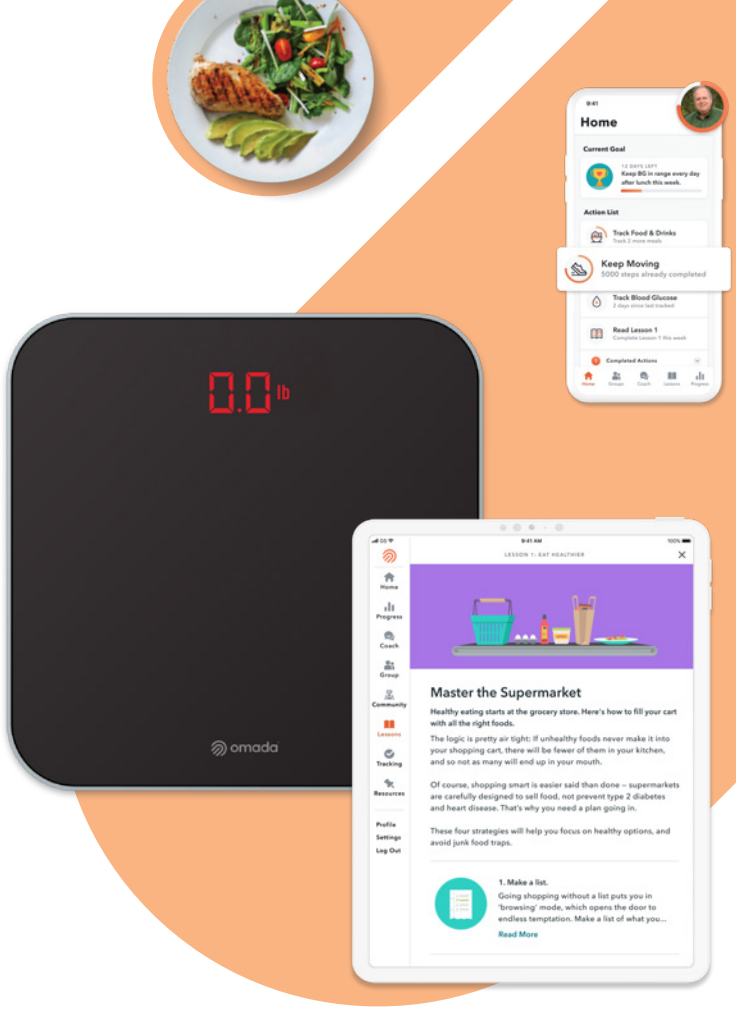
- Demonstrated cost savings
- Success-based pricing
- Enrollment led by our experts
- Exceptional engagement
- Easy implementation
- Meaningful results



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Omada for Prevention

Reducing the risk of type 2 diabetes and cardiovascular disease



Prevention Overview

Omada is the largest digital CDC-recognized Diabetes Prevention Program provider in the United States. We help participants lose weight (and keep it off), build strategies for healthy eating, activity, sleep, and stress management, and reduce the risk of developing type 2 diabetes and cardiovascular disease—one step at a time.

> With Omada I continue developing a personal mission toward lifelong health based on my personal changes. Omada gives me great tools for reality check of how I am doing, a coach that gets me, and team members who are also challenging their past relationship with food, activity, and mindful living.
>
> *– Lisa 65, Anaheim, CA*

Lasting Change

Our clinically-backed approach to lifestyle change sets us apart. By empowering participants to build skills that are personally relevant, at a pace that is manageable, with the support of others, we help them stay engaged and make changes that last. Key elements of our approach include:

- Autonomy and intrinsic motivation
- Building skills
- Providing accountability
- Addressing barriers
- Promoting coping

Outcomes that Matter

Omada is the only digital behavior change program that has published three-year data showing maintenance of successful outcomes. **Our published studies demonstrate a significant reduction in risk for three chronic diseases:**[1]

Type 2 diabetes	Stroke	Heart disease
-30%	-16%	-13%

To learn more about Omada's prevention program, please contact your Omada representative.

[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.