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



omada | HealthPartners

Omada for Diabetes

Improving blood glucose control and addressing critical gaps in care



Diabetes Overview

We combine our deep expertise in behavior change with features designed to help participants achieve target blood glucose levels, minimize episodes of very high and very low blood glucose, address common questions about diabetes or cholesterol medications, get the most out of primary care provider visits, and make achievable lifestyle changes to lose weight if needed (and keep it off).

> I am an airline pilot, and my diabetes had threatened to end my career. In 16 weeks, my A1C is now 5.8 (nearly considered non-diabetic), I have lost 16 pounds, my blood pressure is way down. My quality of life is much better, I should now live longer, and I saved my career.
>
> *– Ken 57, Prescott Arizona*

Program Features

Omada for Diabetes is accredited by the Association of Diabetes Care and Education Specialists (ADCES) and provides:

- Coaching from a Certified Diabetes Care and Education Specialist (CDCES)
- Diabetes curriculum based on Diabetes Self-Management Education and Support (DSMES)
- Continuous glucose monitoring*
- Type 1 or Type 2 Diabetes peer group support
- Medication self-management
- Health maintenance support

To learn more about Omada's type 2 diabetes program, please contact your Omada representative.

*CGM available for eligible participants with valid prescription and compatible smartphone.

Connected Devices

A continuous glucose monitor*, cellular-connected blood glucose meter and scale help participants seamlessly track progress.

- **Fast and accurate readings**
- **Instantly uploads to online account**
- **Easy in-app progress tracking**
- **Enables personalized coach feedback**