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 Hypertension

Improving blood pressure control and addressing critical gaps in care



Hypertension Overview

We combine our deep expertise in behavior change with features designed to help participants achieve their target blood pressure, minimize episodes of very high and symptomatic low blood pressure, reduce the risk of cardiovascular complications such as heart attack and stroke, and develop behaviors that improve overall health and quality of life (and also reduce healthcare costs).

> It was about a week and a half into the program, when I had a normal blood pressure. That was my moment, I was so overcome with gratitude that I only felt grateful and excited to see what else the Omada journey holds for me.
>
> *– LeAnn Omada participant*

Program Features

In addition to support for diet, activity, stress, sleep, and weight monitoring, Omada for Hypertension provides:

- Specialized coaching
- Hypertension curriculum
- Remote blood pressure monitoring
- Medication self management
- Hypertension specific peer group support
- Health maintenance support

Connected Devices

A cellular-connected blood pressure monitor 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**

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