Capital

omada

Access a health program built just for you

Omada® is a personalized program with one-on-one coaching, specialist* support and smart devices‡ to help participants lose weight and manage diabetes.

If you or your adult dependents are at risk for Type 2 diabetes, or are living with diabetes, your health plan will cover the entire program cost.[1]



Which program can help you?

Manage diabetes more easily

Control your blood sugar with less stress and more confidence.

✓ Smart devices: two continuous glucose monitors (CGMs), blood glucose meter and ongoing supply of test strips and lancets, and smart scale.*‡

Get started today:
CapBlue.com/diabetes-management

Lose weight

No food restrictions. No counting calories. Lose weight and improve your overall health.

✓ A smart scale to monitor progress.‡

Get started today:
CapBlue.com/healthy-living

What do you get as a participant?

Each program provides:

✓ A personal health coach.
✓ A clinical specialist (if eligible).
✓ All the smart devices you need.‡
✓ A personalized care plan.
✓ Weekly lessons.
✓ Tools for managing stress.
✓ Online peer group and communities.

“ Participants love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”
- Amy, Omada participant

Omada participants who complete their health goals with the support of a health coach are 2.5X more likely to lose weight and improve their blood sugar control.†

Testimonials are based on the participant’s real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that participants will generally achieve.

*Certain connected devices and features provided as a part of an Omada program are only available to participants in the applicable program who meet program and clinical eligibility requirements. CGMs are only available with the Omada for Diabetes program and only available to participants within this program who receive a prescription and have a compatible smartphone. Eligible participants will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.

†Omada internal analysis, participant population data 8/2020 - 3/2021, on our diabetes, prediabetes, and hypertension programs.

‡Included for eligible participants.

§If available on your plan.

Important notice for fully insured individual and employer group plans in Pennsylvania: Advertised health insurance policies or programs may not cover all your healthcare expenses. Read your contract or benefit booklet (certificate of coverage) carefully to determine which healthcare services are covered. Questions? Please call 800.962.2242 or the number on the back of your ID card (TTY: 711).

On behalf of Capital Blue Cross, Omada Health, Inc., an independent company, provides these diabetes prevention and management programs. Capital Blue Cross is an independent licensee of the Blue Cross Blue Shield Association.

CBC-457 (10/01/24)