



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.

Actionable Data

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

Peer Support

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

Connected Devices

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


Clinical Focus


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


Anywhere Access

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



 Hi Shane. Hope your day is going well! I'd love to learn more about your goals, which could include eating nutritious meals, increasing activity, and improving your sleep. What would you like to focus on first?
Thurs, 3:45pm

Hey Lorena. I'd like to start out with nutrition. I've been eating out a lot, but I'm trying to cook for a change, and I'd love to experiment with healthier options.

Fri, 9:02am

 That's a fantastic goal. Let me know your food preferences or if there are any cuisines you've been meaning to try. I'll recommend how to start in my favorite part of the grocery store—the produce section!
Fri, 9:10am



Empower with Omada

For prevention, diabetes, and hypertension support

A Personalized Path to Better Health

Omada provides one dynamic program that adapts to a participants' unique conditions, as they evolve. All participants receive a curated experience, which could include specialized coaching, tailored curriculum, feedback based on personal health data, and a condition-specific peer group.

“ This is, without a doubt, the most sustainable program I have ever done. It gradually changes thought patterns and behaviors that keep you from being healthy in a way that is encouraging.
– Susan 56, Alpine, AL

Prevention

- Lose weight (and keep it off) with small, sustainable lifestyle changes
- Build strategies for healthy eating, activity, sleep, and stress management
- Reduce the risk of developing type 2 diabetes and heart disease

Diabetes

- Achieve target blood glucose levels; minimize very high and very low values
- Address common questions about diabetes or cholesterol medications
- Make small, achievable lifestyle changes to get or stay active, and lose or maintain weight

Hypertension

- Achieve 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
- Develop health behaviors that improve overall health and quality of life

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



Connected Devices

A cellular-connected blood glucose meter, 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**



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/or scale help participants seamlessly track progress.

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



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

*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



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



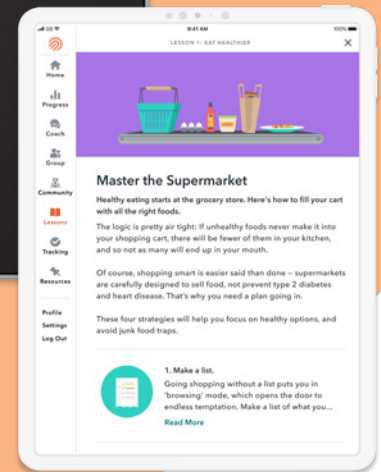
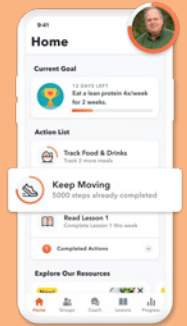
Providing accountability



Addressing barriers

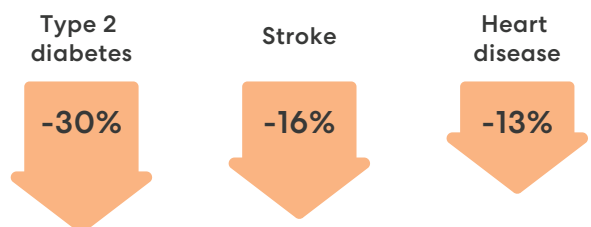


Promoting coping



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



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.