

# 1 in 3 OF YOUR MEMBERS HAS PREDIABETES

79M

79 million Americans currently have prediabetes—a condition with few noticeable symptoms but potentially serious consequences.<sup>1</sup>



5-10%

Without taking action, 5–10% of those with prediabetes will progress to type 2 diabetes every year.<sup>2</sup>



20%

The cost of doing nothing is high since health care costs for diabetics are 2.5 times higher than for non-diabetics.



If you don't act, your organization's health care costs will be more than 20% higher in the next 5 years.<sup>3</sup>

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Introducing a solution from Omada Health.

# Say hello to Prevent



## EXPERT HEALTH COACHING

One-on-one, dedicated support and advice from a professional health coach at every step.



## BEHAVIOR CHANGE CURRICULUM

16 weeks of scientifically-supported and engaging online content to inspire lasting behavior change.



## SMALL GROUP SUPPORT

Private online peer groups matched by age, BMI, and location for encouragement & accountability.



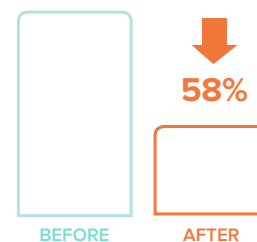
## HEALTH DATA TRACKING

A no-setup wireless scale to transmit daily weigh-ins, plus a digital pedometer and mobile food tracking.

## WE START WITH SCIENCE

The NIH and CDC sponsored the landmark Diabetes Prevention Program (DPP) clinical trial, which proved that even people at high-risk can delay or avoid developing type 2 diabetes by making modest lifestyle changes.

Participants who lost just 5–7% of their body weight reduced their risk of developing type 2 diabetes by 58%.



Prevent is an innovative online program for people with prediabetes.



#### CORE PHASE 4 months

Core focuses on changing food habits, increasing activity levels, and overcoming psychological barriers.



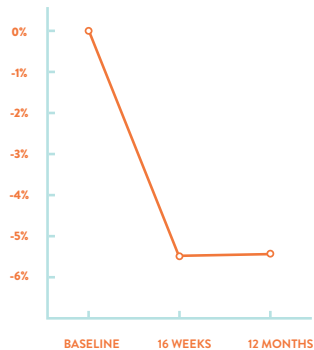
#### SUSTAIN PHASE 8 months

Sustain focuses on reinforcing these better habits in the real-world as participants enter a more independent phase of the program.



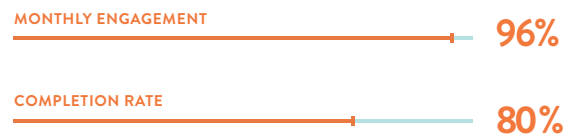
#### WE DELIVER REAL RESULTS

On average, each participant loses over 5% of their weight—and maintains it over time.



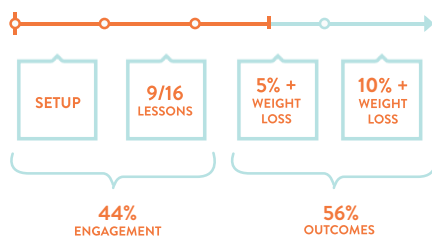
#### WE DESIGN FOR DELIGHT

In fact, almost all our participants stay fully engaged the entire time and successfully complete the program.



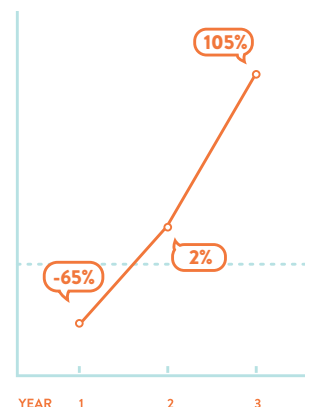
#### WE PRICE FOR PERFORMANCE

There are no flat fees and the majority of the price for each participant is charged only if they achieve clinically-significant weight loss.



#### WE INSIST ON ROI

Participation in our program is cost-saving within two years by preventing a portion of medical and productivity costs associated with diabetes.



## WORKING WITH OMADA HEALTH

We work with risk-bearing entities including employers, providers, and health plans to help prevent the enormous cost burden of chronic disease. Every deployment is tailored to our customers' needs to achieve optimal enrollment, clinical outcomes, and financial impact.

Employees actually go out of their way to tell me how great this program is. I've rarely seen such engagement and enthusiasm in the health care setting—it's a wonderfully innovative approach.

Mary Spangler  
Stanford Hospital & Clinics



**Dedicated account manager**  
for one point-of-contact



**Customized marketing campaign**  
to captivate and encourage enrollment



**Strategic use of marketing channels**  
to reach your employees/members



**Regular, real-time reports**  
to keep you updated on progress



**Outcomes and engagement pricing**  
at the participant level

## ABOUT OMADA HEALTH



Omada Health, a pioneer in the field of digital therapeutics, uses design and technology to promote health and has quickly become a leader in technology-driven preventive medicine. Omada is passionate about creating groundbreaking programs that merge best-in-class design with rigorous medical science to build experiences that are intuitive, enjoyable and achievable.

[www.omadahealth.com](http://www.omadahealth.com)

## LET'S CHAT

Contact our sales team to arrange a free demo and experience Prevent first hand.

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**PHONE** 888-987-8337

**ADDRESS** 500 Sansome St, Suite 200  
San Francisco, CA 94111

<sup>1</sup> 2011 National Diabetes Fact Sheet. Centers for Disease Control and Prevention website. <http://www.cdc.gov/DIABETES/pubs/factsheet11.htm>. Published 2011. Accessed May 1, 2014.

<sup>2</sup> Gerstein HC, Santaguida P, Raina P, et al. Annual incidence and relative risk of diabetes in people with various categories of dysglycemia: a systematic overview and meta-analysis of prospective studies. *Diabetes Res Clin Pract.* 2007;78(3):305-12.

<sup>3</sup> Omada Health model. 2014.

<sup>4</sup> Knowler WC, Barrett-Connor E, Fowler SE, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002;346(6):393-403.