



THE PARTICIPANT'S JOURNEY

INTRODUCING OMADA



FIND OUT ABOUT OMADA®

Omada® is a digital care program that empowers people to achieve their health goals. Participants get the support and tools they need, including a health coach, connected devices, interactive lessons, and more.



CHECK ELIGIBILITY

But is it for me?

The landing page makes it easy for people to find out if they're eligible for Omada.



APPLY FOR OMADA

Ok, I think I'm ready for a change.

Eligible individuals can then immediately complete the 5-10 minute application.



RECEIVE CONFIRMATION

Yay, I'm in!

In 1-2 days they'll receive an email letting them know if they qualify to join, at no cost to the individual.



SET UP ACCOUNT

I'm really doing this...

They answer a few questions to help Omada personalize their experience. This takes about 10 minutes.



OBTAIN CGM PRESCRIPTION

I'm really doing this...

Where medically appropriate, Omada facilitates prescription and shipment of a continuous glucose monitor (CGM) sensor that will be worn for a two-week period following enrollment and a second sensor for a six-month follow-up.



RECEIVE A WELCOME KIT

Oooh, tools for success!

Within 1-2 weeks of completing account setup, participants receive their connected devices, which help to track their progress in the program.



MEET THE TEAM

I'm glad we're all in this together.

They are matched with a Certified Diabetes Care and Education Specialist (CDCES) and a type 1 or type 2 diabetes group of participants facing similar challenges for encouragement at every step.



PROGRAM KICK OFF

And off we go!

Groups kick off each Sunday with an intro message from the coach and access to the first lesson.

If health plan members are eligible, the cost is included in their benefits.

THE PARTICIPANT'S EXPERIENCE

OMADA FOR DIABETES

Omada provides a personalized experience based on a participant's care plan (including medications and complications) and unique health goals. In addition to programming and proactive coaching around core DSMES topics of healthy eating, being active, problem solving, taking medications, monitoring, reducing risk, and healthy coping, Omada coaches provide additional individualized counseling on weight loss for those who are overweight or obese.



PROFESSIONAL HEALTH COACH



This is the ongoing support I need

Every participant is paired with a dedicated, compassionate, proactive Certified Diabetes Care and Education Specialist (CDCES) skilled in diabetes management and the interpretation of glucose data. Participants are paired with the same CDCES throughout their time in the program.



DIABETES CURRICULUM



I finally understand my condition

Weekly engaging lessons focus on knowledge and practical skills that build self-efficacy around diabetes self-management.



HEALTH MAINTENANCE



I'm staying on top of my health

Coaches help participants identify which critical screening services they may still need to receive, including retinal exams, foot exams, vaccinations, and blood tests.



MEDICATION SELF-MANAGEMENT



I'm overcoming my barriers

Coaches address a participant's challenges to taking medications (side effects, cost, etc.), and use data to help ensure PCP visits at the right cadence for adjustments.



REMOTE BLOOD GLUCOSE MONITORING



I'm able to make sense of my readings

Coaches review each participant's blood glucose values at least weekly and discuss important trends between diet, exercise, medications, and blood glucose values.



If health plan members are eligible, the cost is included in their benefits.



CARE NAVIGATION



I'm preventing complications

Coaches work with participants to make sure that they are accessing necessary preventive services to minimize the risks of complications from diabetes.