



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.



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 small 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 HYPERTENSION

Omada curates a personalized experience based on a participant's care plan (including medications and complications) and unique health goals. In addition to programming and proactive lifestyle change coaching around diet, activity, stress, sleep, and weight monitoring, Omada for Hypertension provides the following features.



PROFESSIONAL HEALTH COACH



This is the ongoing support I need

Each participant is paired with a compassionate, proactive coach skilled in hypertension management and the interpretation of blood pressure data.



CARDIOVASCULAR RISK CURRICULUM



I finally understand my condition

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



HEALTH MAINTENANCE



I'm staying on top of my health

Coaches help participants identify which diagnostic tests they may still need to receive, including screening EKGs, thyroid function tests, and kidney function 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 PRESSURE MONITORING



I'm able to make sense of my readings

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



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 hypertension.

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