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THE

PARTICIPANT'S JOURNEY

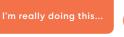
INTRODUCING OMADA



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.







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



RECEIVE A WELCOME KIT

Oooh, tools for success!

SET UP ACCOUNT



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.

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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.



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PROFESSIONAL HEALTH COACH

Chis 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



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



HEALTH MAINTENANCE



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



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

l'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.

Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Omada® is a separate and independent company that provides care and disease management services.