



# 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.

## The Omada Advantage



Demonstrated cost savings



Success-based pricing



Enrollment led by our experts



Exceptional engagement



Easy implementation



Meaningful results



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



# The Cigna Diabetes Prevention Program in collaboration with Omada

Reducing the risk of type 2 diabetes and cardiovascular disease

## DPP 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

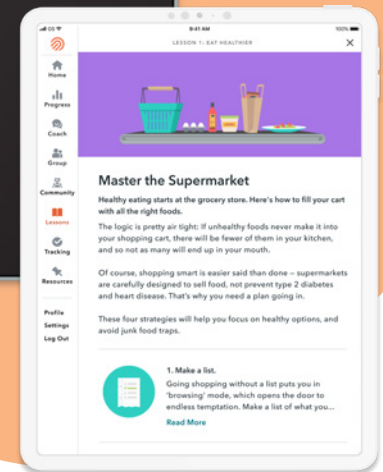
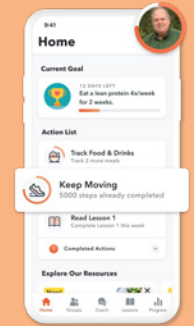


Promoting coping

To learn more about Omada's dpp program, please contact your Cigna representative.

<sup>1</sup> 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.

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## 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:<sup>1</sup>

