

Welcome to Omada

Omada Health combines professional health coaching with the latest science and technology to help people reduce their odds of developing Type 2 diabetes and heart disease. Within 12 months, **the average Omada participant can lower their five-year risk for Type 2 diabetes by 30 percent, stroke by 16 percent and heart disease by 13 percent.**

Also, **weight loss after 16 weeks is about 4 to 5 percent**, and two-year outcome data shows Omada participants have kept that weight off.

Here's how it works...

STEP ONE: Visit omadahealth.com/apply to take a 1-minute risk assessment. If you're at risk for Type 2 diabetes or heart disease, the Omada program is available at no additional cost to you.

STEP TWO: Eligible participants will be mailed a special Welcome Kit directly to their front door, which includes a wireless smart scale. They'll receive an activity kit a few weeks later with other tools to help them along the way, such as a digital pedometer, exercise bands and more.

STEP FOUR: Participants are then matched into small, private groups of peers who most closely match their life stages and weight-loss goals. The group is critical for empathy, encouragement and social accountability.

STEP THREE: The wireless digital scale will arrive already connected to each eligible participant's personal account via a built-in cellular network. Simply open the box and stand on the scale. No wifi setup required.

STEP FIVE: Each participant also is matched with a fulltime, dedicated health coach, who will give them one-on-one support and advice along the way, especially if and when things get tough.

STEP SIX: Each participant is guided through a weekly interactive health lesson to complete wherever and whenever is most convenient to them. The lessons include insights on nutrition, exercise and overcoming the psychological barriers to lasting change, plus interactive games to make it all fun.

STEP EIGHT: Small group settings create an environment full of inspiration. Studies show that the more social support, the more likely each participant succeeds.

STEP SEVEN: Participants will track what they eat, drink and do each day. This builds personal awareness and allows their health coach to give real-time feedback and input.

Available January 1, 2019
Information on how to sign up coming soon.

