

Diabetes Prevention and Weight Loss

OMADA® PROGRAM

Omada helps people live happier, healthier lives – one habit at a time.

OVERVIEW

This program is designed to help individuals lose weight, which has been shown to help reduce behavioral risk factors for developing type 2 diabetes. The program is based on clinically-proven science and focuses on guiding you toward reaching your goals through nutrition and behavioral changes.

Omada brings together the individualized attention of professional health coaches with a researched curriculum and manageable but powerful goals.

- It helps connect the dots between knowing how to get healthy and actually doing it.
- You get the support and tools you need, including an interactive program, wireless scale, health coach, and more.

It is completely free to you. We can do this because your employer health plan pays for the program on your behalf. Shipping is included too. As a member, you are not billed anything for joining and using Omada.

FEATURES

\$0 Out-of-pocket cost to member*

The core 16-week program focuses on weight loss through nutrition, physical activity, and behavioral change and is organized into four phases:

- Changing Food Habits
- Increasing Activity Levels
- Preparing for Challenges
- Reinforcing Healthy Choices

Program Welcome Kit and resources include: mobile app and wireless smart scale automatically linked to your account, weekly online lessons, and a professional health coach.

When you graduate from the 16-week core program, you can stay connected to your group and continue building a healthier lifestyle during Sustain, the long-term extension of the program. Sustain keeps you connected to all tools and resources along with shorter weekly lessons and a larger community of Omada alumni.

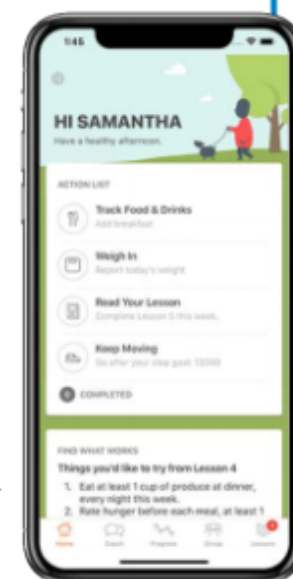
HOW IT WORKS

How to sign-up: Visit omadahealth.com/UTS to take the 1-minute risk screener. You are eligible to apply if the screener results indicate a risk – then complete the online application.

Who is eligible: Employees and covered family members who want to lose weight, including those who have been diagnosed with prediabetes and those who are at high risk for type 2 diabetes. After your application is approved, you will be invited to set up an account.

What to expect: Within 1 week of completing account setup, you receive your Welcome Kit. You are also matched with a small group of participants who go through the program together. Groups kick-off Sunday with an intro message from the coach and access to the first lesson. Weeks 1-16 are Stage 1 - the fundamentals of making smarter food choices. Weeks 17+ are Stage 2 - unique challenge areas, ongoing coaching and peer group support to build healthy habits.

How to cancel: If you'd like to cancel after 2 weeks, Omada can close your account and stop future charges. Just send an email at support@omadahealth.com and they will process your cancellation.



FOR MORE INFORMATION

Call a health advocate: 866-882-2034

Chat with a health advocate via BCBSTX app or online at Blue Access for Members: www.bcbstx.com/ut

Program: omadahealth.com/UTS

Why it matters?

Clinically proven to help reduce the risk of type 2 diabetes¹ and help participants lose average of 4% body weight – they keep off!²

*Payments for participation in the program are submitted through claims and are paid by the member's employer.

¹Su 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. Risk reduction calculations based on Omada Health's participant population as of the study publication date (October 2016). Actual results may vary based on age, gender and other individual and demographic factors. ²Weight loss results reflect participants who enrolled in the Omada Program between January 2016 - March 2018 and completed at least 9 of 16 lessons in the first 16 weeks of the Omada program.