

Beyond blood sugar: Embrace health with diabetes

Omada supports you with:

- ✓ **Personalized care plans:** Develop healthy routines that align with your lifestyle and preferences.
- ✓ **Personalized support:** Connect with a health coach and specialist for guidance on nutrition, exercise, sleep and stress management.
- ✓ **Smart technology:** Utilize devices that automatically sync with the Omada app, keeping your care team informed and engaged.



Once enrolled, you'll receive a welcome kit with easy-to-use smart devices based on your needs. Shipped to your door once you enroll, yours to keep.*

¹Berthoumieux A, Linke S, Merry M, Megliola A, Juusola J, Napoleone J. Long-Term Results of a Digital Diabetes Self-Management and Education Support Program Among Adults With Type 2 Diabetes: A Retrospective Cohort Study. *The Science of Diabetes Self-Management and Care*. 2024;50(1):19-31. doi:10.1177/26350106231221456

²Wilson-Anumudu F, Quan R, Castro Sweet C, et al. Early Insights From a Digitally Enhanced Diabetes Self-Management Education and Support Program: Single-Arm Nonrandomized Trial. *JMIR Diabetes*. 2021;6(1):e25295.

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

[†]The no cost CGM sensors exclude Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

Images, including apps, do not reflect real members or information about a specific person.



Program outcomes speak for themselves:

2.0 pt
average reduction
in A1C¹

Members with an elevated A1C $\geq 8\%$ saw a 2 percentage point reduction in A1C after 12 months¹

1.2 kg/m²
BMI reduction¹

Members maintained a BMI reduction of 1.2 kg/m² on average after 12 months¹

39.5 mg/dL
average reduction
in total cholesterol²

Members with high cholesterol (TCHOL 200+) saw an average reduction of 39.5 mg/dL in total cholesterol²

Thanks to Healthy County, the Omada program is available to you at no cost if you're eligible.



Claim your benefit at

omadahealth.com/healthycounty