



OMADA FOR PREVENTION®

Frequently Asked Questions



What is Omada for Prevention?

Omada for Prevention is a virtual program that makes it easier to manage your weight and reach your health goals. With expert support from a dedicated care team and a smart scale to monitor your progress, you'll learn to make small changes that last—at your own pace—so you live healthier, feel better and have more energy.

How much does it cost?

If eligible, the program is at no cost to you (up to a \$700 value).

What does the dedicated care team do?

Your **personal health coach** is your main point of contact. They provide one-on-one support to help you manage weight and stress, while cheering you on every step of the way.

What's the time commitment?

You can use the program as long as you need it and as long as it's offered by your employer or health plan. On average, members participate 1-2 hours per week.

What do I get as a member?

You get a program valued up to \$700—at no cost to you (if eligible).

- ✓ A personal health coach
- ✓ A personalized care plan
- ✓ Tools for managing stress
- ✓ Online peer group and communities

Plus, you get a smart scale to monitor your progress. Yours to keep.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress

Who is eligible for this program?

OEGB members who are covered by Kaiser Permanente may be eligible for the Omada program at \$0 member cost. Omada is available to members who are at risk for type 2 diabetes or heart disease and/or have a BMI over 25. Members must also be ages 18 years and older to participate.



Get Started Today

Scan the code using your mobile device or visit the website below.

omadahealth.com/oebb

I've tried many different diets in the past. How is Omada different?

Omada focuses on building healthy habits that last. It's not about counting calories or avoiding foods you "can't eat" or things you "shouldn't do." Instead, through lessons, food tracking, and setting small, simple goals, you'll learn how to build healthier routines around what you love and what works for you—all with the support and guidance of your personal health coach. Members who set goals with Care Team support are 2.5x as likely to achieve target outcomes vs. members who do not.

How does Omada help me with stress?

If you experience stress, have trouble sleeping, or struggle with motivation, your personal health coach will provide you with coping techniques and exercises and help you make a plan towards feeling better, in both mind and body.

I already see my doctor about my health. Do I still need Omada?

Omada makes sure you have the care you need between doctor visits. With your health coach available to answer questions and provide guidance, Omada can function as your day-to-day support.

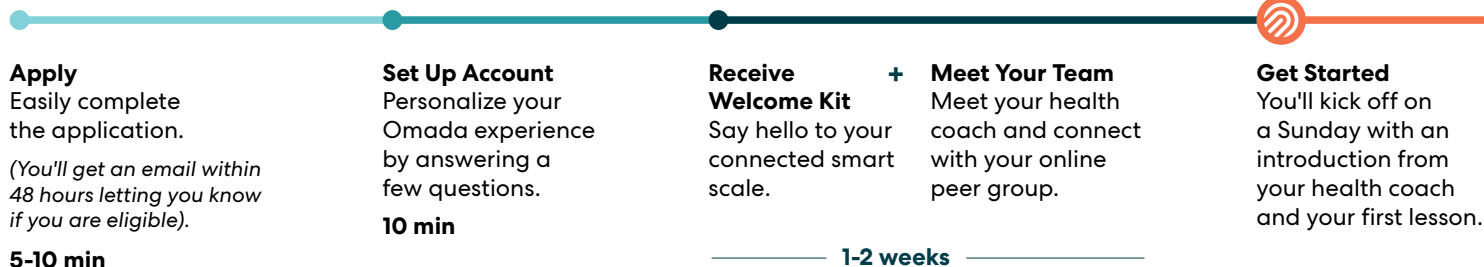
Will my information be safe?

Omada takes your personal health information seriously. Your participation in the program is confidential and we follow all federal and state privacy regulations as a health care provider. To learn more, please read [Omada's Privacy Policy](#), [Terms of Use](#) and [Notice of HIPAA Privacy Practices](#) (Found at the bottom of the Omada Health home page).

Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be eligible. Refer to your health benefit documents for details.

How do I get started?



Questions?

If you are currently a member, you can email support@omadahealth.com, call **(888) 409-8687**, or check out our help center articles at support.omadahealth.com



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