



**A prominent
healthcare services
company wanted to
reverse the rampant
progression to
obesity-related
chronic disease in
their workforce.**

**Here's what
happened.**

How a leading health
system focused on
improving the health of
their employees.

A Case Study

AMONG THE HEALTH SYSTEM'S ~4K EMPLOYEES, MORE THAN HALF HAD PREDIABETES

THE CHALLENGE

After learning of the staggering rate of prediabetes within their workforce, the company's leadership team looked for a solution help their employees get healthy. Through a referral, they learned that a digital behavioral health intervention could work to reduce chronic disease risk.

THE STRATEGY

As a health system, the team was knowledgeable about new healthcare programs and the importance of clinical evidence. They set a high bar for employee health initiatives, and carefully reviewed the scientific literature backing any vendor claims and approaches. A discriminating clinical team reviewed Omada's clinical integrity, leading the organization to select Omada over other programs.

THE SOLUTION

The leadership team championed employee engagement in Omada. They made the program a company-wide priority by promoting the program on a weekly basis to keep everyone excited and engaged.



THE RESULTS

The support from the company's leadership team helped inspire more than 750 employees and spouses to enroll and participate in Omada. That was 50% above their target of 500 enrollees. And on average, those who completed the program lost 4.4% of their body weight, lowering their risk of developing type 2 diabetes by 38%¹.

IN NUMBERS



6,500 POUNDS

all told, the 750 participants lost more than 3 tons since the program's launch



80% COMPLETED

almost everyone who started the program remained engaged for the entire 16-week Foundations phase



4.4% BODY WEIGHT

those who completed the program lost, on average, over 9 pounds in the first 16 weeks



86% LOST WEIGHT

nearly everyone who completed the program shedded pounds

¹ Centers for Disease Control and Prevention. Diabetes Prevention Recognition Program Standards and Operating Procedures. <https://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf>. Accessed February 5, 2018.



ABOUT OMADA HEALTH

Omada is a digital behavior change program focused on reducing costly chronic disease in your workforce.

WHAT WE OFFER

- A scalable program for all your at-risk employees
- Enrollment led by our experts
- Exceptional program engagement
- Clinically validated and lasting health outcomes
- Easy implementation, delivered on-time

SEE OMADA IN ACTION

Watch two quick videos to see how Omada works and why HR leaders love partnering with us.

GET IN TOUCH.

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