

WORKING TOGETHER TO INSPIRE AND ENGAGE MEMBERS IN LIFELONG HEALTH

The Cigna Diabetes Prevention Program in collaboration with Omada






Everyone is capable of improving their health. That's why Cigna collaborated with Omada Health to offer a digital behavior change program to help prevent type 2 diabetes and heart disease.

Omada's goal is to inspire and engage people in lifelong health one step at a time by leveraging their unique engagement approach. Omada uses data-driven insights and deep clinical expertise to provide care plans adapted to members' needs so they can maintain their engagement over time to get and stay healthy. **And based on data from the program's first two years, the approach is working.***

About the program

The Cigna Diabetes Prevention Program, in collaboration with Omada, is a virtual care program designed to help members shift their health mindset and find the motivation needed to:

-  **Lose weight and keep it off long-term**
-  **Build strategies for healthy eating, activity, sleep and stress management**
-  **Reduce the risks of developing type 2 diabetes and heart disease**
-  **Improve their overall health and wellbeing**

The program combines the latest clinical protocols with breakthrough behavior science to make it possible for members at risk for chronic conditions to achieve long-term improvements in their health.

Program participants*

-  **Employee clients**
551
-  **Employee participants**
15,780


Key takeaways*

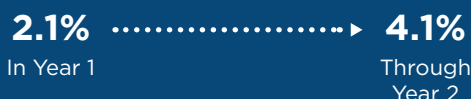
 **Average medical cost savings per participant, over and above the costs of the program:**




 **Average ROI for employers:**



 **Average percentage of body weight lost by participants:**



 **19% of participants lost and maintained 5% or more of their initial weight in year 1.**
24% lost and maintained 5% or more of their initial weight through year 2.

Together, all the way.®



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*Cigna Diabetes Prevention Program with Omada claims study, October 2020, year 1 follow up data = 15,780 participants from 551 clients and year 2 follow up data = 4,253 participants from 413 clients. Individual client and participant results may vary depending on individual health status at the start of the program and activity throughout the program. Results are not guaranteed.

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