

Omada FAQ

What is the SEBB Diabetes Prevention Program powered by Omada?

It's an online behavioral counseling program designed to help at-risk individuals combat obesity-related chronic disease. Participants in the program learn how to make modest health changes that could lead to weight loss and reduced risk for type 2 diabetes. Learn more on the Omada website at omadahealth.com/wasebb

How do I apply?

Individuals interested in the SEBB Diabetes Prevention Program powered by Omada can visit omadahealth.com/wasebb to take a 1-minute risk screener and find out if they meet the clinical enrollment criteria to participate in the program. The risk screener asks a few questions about height, weight, and health conditions. Those who are eligible to enroll will receive an email invitation to join.

Are family members eligible for Omada?

Yes, adult dependents who are covered under your health plan and meet the clinical enrollment criteria are eligible.

How much does it cost?

There is no additional cost for eligible participants. Your SEBB medical plan will cover the entire cost of the program for employees and their adult dependents who meet certain risk criteria for type 2 diabetes.

Why is my SEBB medical plan offering this program?

60% of Americans are now at risk for chronic disease. By partnering with Omada, your medical plan can offer at-risk individuals the help they need to proactively manage their health and work towards positive outcomes.

How does the SEBB Diabetes Prevention Program work?

This program's approach combines proven science with personalized support to help participants build healthy habits that last—whether that's around eating, activity, sleep, or stress. The program includes:

- A professional health coach for one-on-one guidance. The coaches keep participants on track, on their best days and their worst.
- A wireless scale to monitor progress. Participants will receive this ready-to-use device in the mail, already synced to their private account.
- Weekly online lessons to educate and inspire. Participants are guided through online lessons that tackle physical, social, and psychological components of healthy living. Interactive games reinforce learning and help participants make connections to real-world scenarios.
- A small peer group for real-time support. Participants are matched with like-minded participants for added encouragement and accountability.

How is the program structured?

It starts with a core 16-week Foundations phase, organized into four areas:

- Changing food habits
- Increasing activity levels
- Preparing for challenges
- Reinforcing healthy choices

Participants then enter the Focus phase for the rest of the first year (and beyond, if applicable) to continue building healthy habits.

How is this program different than other weight loss programs?

Losing weight can be difficult. This program's human-centered design, empathetic health coaches, and smart technology work together to ensure members stay committed over time. Because of this approach, engagement rates far exceed those of typical weight-loss programs.

Do I get to keep the tools after the Omada program ends?

Yes, all the tools that Omada provides you during the program are yours to keep.

What privacy measures are in place?

As a healthcare company, Omada takes security and participant privacy very seriously, and we operate in accordance with all applicable privacy and data protection laws. We employ best-in-class physical, technical and administrative controls to protect your personal information. You can learn more about our use and protection of personal information by reading our Privacy Policy < www.omadahealth.com/privacy-policy > and our Terms of Use < www.omadahealth.com/terms-of-use >.

What personal information will be shared with my group?

Your small peer group members will have access to limited information about you as you go through the Omada program together. Group members can see your photo, first name, and hometown, and they can read the introduction note you write. As you advance through the program, your group can see when you last logged in, your lesson completion progress, and a progress bar that measures your weight loss as a percentage without sharing your actual weight. No one in your group will be able to see your private information such as your weight or last name.

What are the specific steps involved in getting started?

Here's what interested employees can expect.

1. Visit omadahealth.com/wasebb
2. Click the "Am I Eligible?" button to take the 1-minute risk test.
3. If the results indicate a risk for prediabetes, you can then complete a brief online application.
4. In 1-2 days you will receive an email from support@omadahealth.com letting you know if you're accepted. If accepted, the email will provide instructions on setting up your Omada account online.
5. As a participant, you can set up your account on your own time. No strict deadline, but the sooner you set it up, the sooner you can start.
6. Within 1-2 weeks of completing account setup, you will receive a welcome kit in the mail with your scale and other tools.
7. Groups kick off each Sunday. This entails an introductory online message from the coach, the first lesson being "unlocked," and access to the group message board. Please be advised that we may choose not to kick off new groups on the Sundays before or after major U.S. holidays when those holidays may interfere significantly with shipping or group momentum. If you sign up near a holiday, we'll stay in touch and may delay your kick off by one week.

What if I have questions?

If at any point in the process you have questions about the status of your application or account, you can email support@omadahealth.com, call (888) 409-8687, or check out our help center articles at support.omadahealth.com.

To learn more about the program, visit omadahealth.com/wasebb

