A photograph of a man in a bright green sweater holding a young child in a blue jacket up in the air. The background is a bright, overexposed outdoor setting, possibly a beach or park. The man is looking up at the child with a smile.

# 2019 Workplace Wellness!

Washington Wellness  
Employees and Retirees Benefits Division  
Health Care Authority

Washington State  
Health Care Authority

# Presentation Agenda

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- ▶ Introduction
- ▶ Diabetes Prevention Program Powered by Omada
- ▶ 2019 SmartHealth
- ▶ Wellness Coordinator Training and Technical Assistance
- ▶ Wellness Coordinator Question and Answer

# Washington Wellness

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## Washington Wellness' Goal

- ▶ Build, grow, and sustain effective worksite wellness programs to maximize individual and organizational health and well-being

## Washington Wellness' Strategies

- ▶ Evaluate data to characterize population
- ▶ Develop, implement, and monitor evidence-based, population-focused approaches
- ▶ Develop worksite wellness capacity
- ▶ Engage target population
- ▶ Maintain and improve Washington Wellness operations

# Diabetes Prevention Program powered by Omada

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**Why  
DPP?**



**What is  
DPP?**



**How you  
can help**

# Why DPP?

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**Executive  
Order 13-06**



**Improved  
health**



**Improved  
productivity**

# DPP in 2018

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**In-person  
testing events**



**Lots of  
planning**



**Paper  
risk quiz**

# What's staying the same

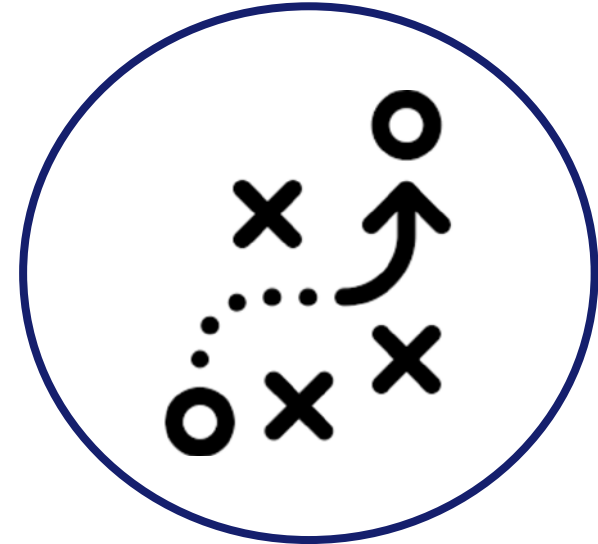
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**Eligible PEBB  
members**



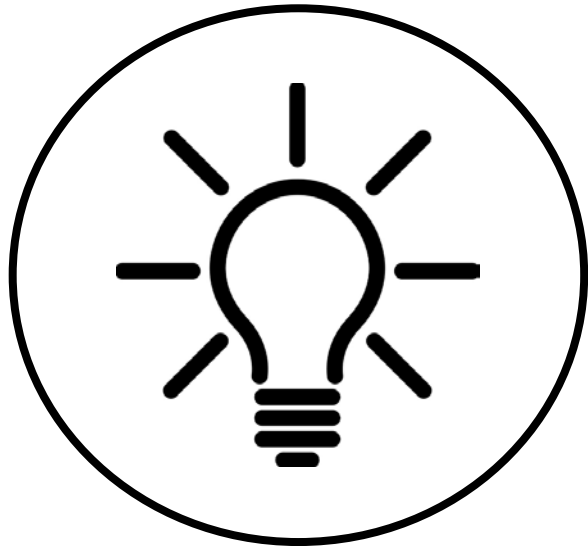
**No  
extra cost**



**Based on same  
CDC program**

# What's new for you in 2019?

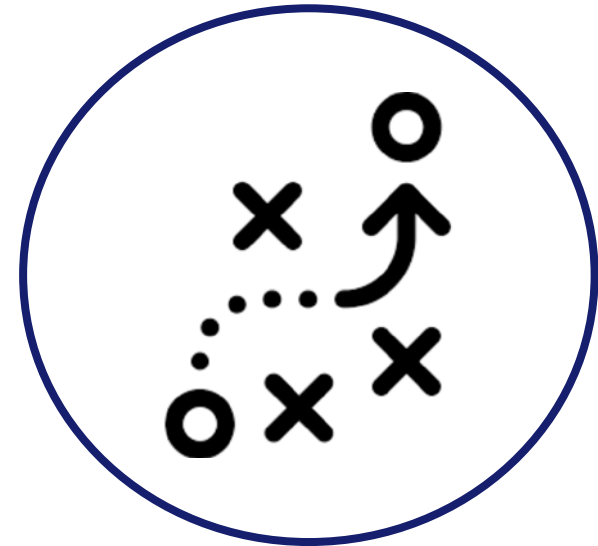
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**Easier  
to plan**



**Tools and  
resources**



**One strategy  
to promote**



# Build healthy habits that last

We're introducing a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that's around eating, activity, sleep, or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

#### • Eat healthier

Learn the fundamentals of making smart food choices.

#### • Increase activity

Discover easy ways to move more and boost your energy.

#### • Overcome challenges

Gain skills that allow you to break barriers to change.

#### • Strengthen habits

Zero in on what works for you, and find lasting motivation.

#### • Stay healthy for life

Continue to set and reach your goals with strategies and support.

#### More great news:

If you or your eligible adult family members are at risk for type 2 diabetes, your PEBB medical plan will cover the entire cost of the program.

Take a 1-minute risk screener to see if you're eligible:

[omadahealth.com/wapebb](http://omadahealth.com/wapebb) or text **dpp** to **444999**

#### You'll get your own:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants



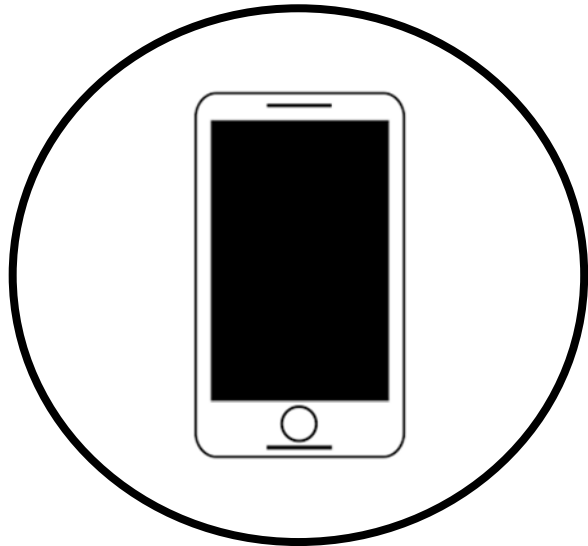
## Promotional resources

- Flyer
- Poster
- Message and more

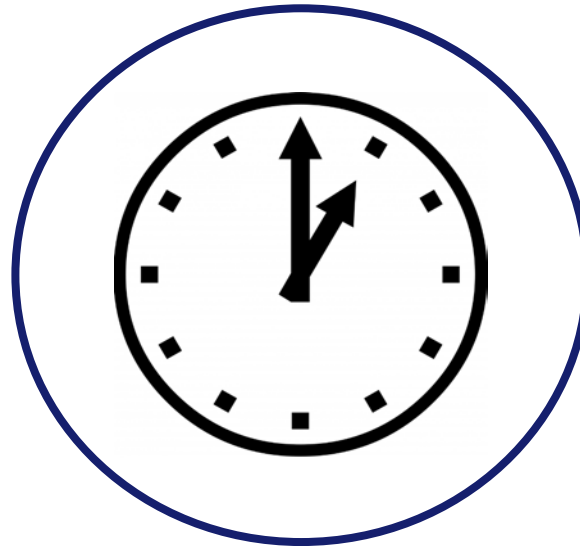
**WA Wellness DPP webpage at**  
[www.hca.wa.gov/about-hca/washington-wellness/diabetes-prevention](http://www.hca.wa.gov/about-hca/washington-wellness/diabetes-prevention)

# What's new for the member?

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**Online  
experience**



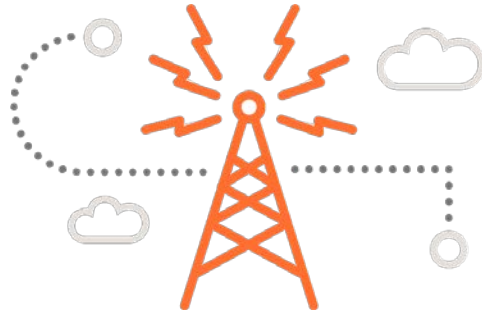
**Schedule  
flexibility**



**Welcome  
kit**

# HOW OMADA IMPROVES TRADITIONAL DPP

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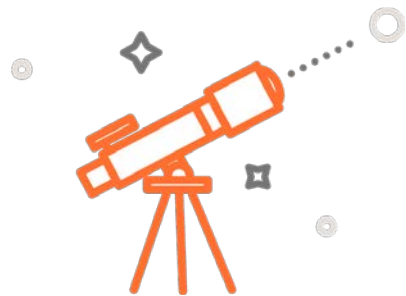
## 1 Scale

Traditional in-person DPP cannot effectively reach millions; Omada's remote, digital delivery can while maintaining efficacy.



## 2 Personalization

Effective DPP is highly personal; Omada tailors content, coaching, and tools to deliver an experience for a population of one.



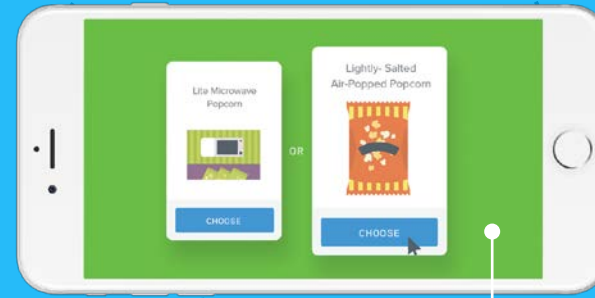
## 3 Meaningful Engagement

Omada delivers record-setting engagement that drives outcomes.

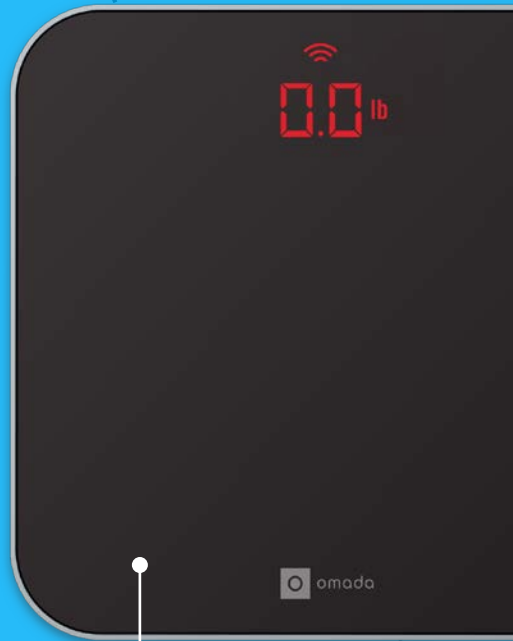
# OMADA EMPOWERS PEOPLE TO BUILD HEALTHY BEHAVIORS THAT LAST

Omada is a digitally-delivered intensive behavioral counseling program for people with prediabetes or who are at risk of Type 2 Diabetes.

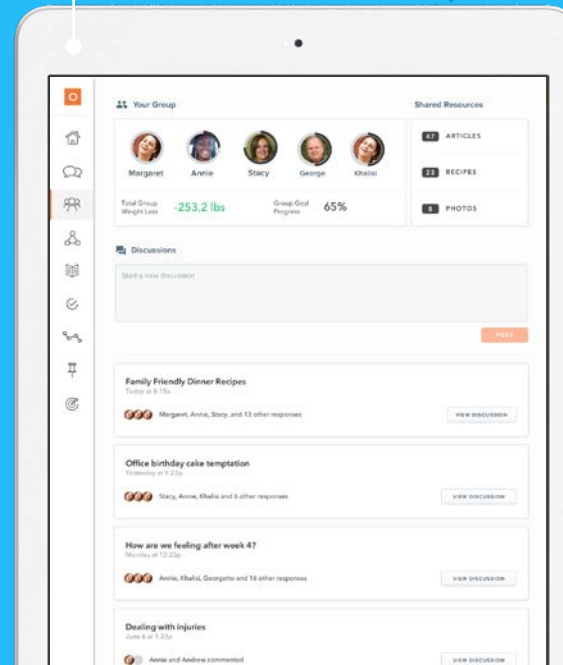
Participants learn how to apply meaningful changes around eating, activity, sleep, and stress, and then focus on sustaining those behaviors for a year and beyond.



INTERACTIVE LESSONS

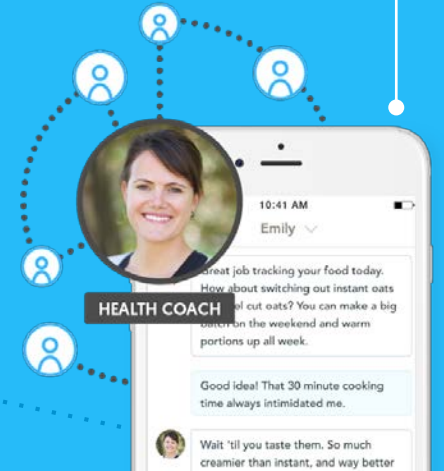


DATA SCIENCE



SUPPORT GROUP

SMART TECHNOLOGY



PROFESSIONAL HEALTH COACH

## OMADA: THE LARGEST DPP PROVIDER WITH FULL RECOGNITION

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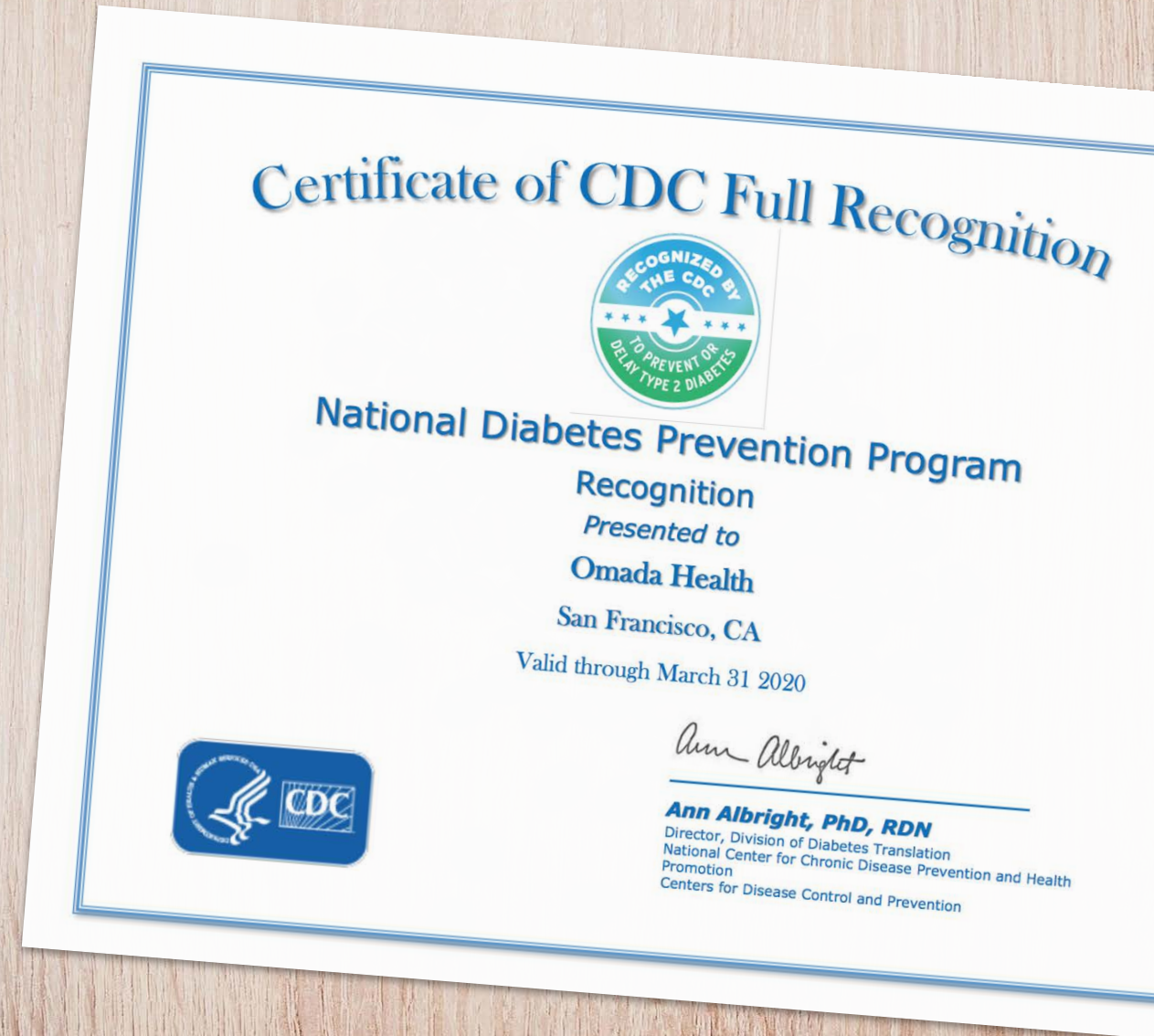
Omada currently has full recognition from the CDC



We are the largest DPP provider - in-person or digital - to achieve this recognition status



Omada's data will be re-evaluated every 6 months to maintain full recognition



A person is shown from the chest up, holding a smartphone in their right hand. The background is heavily blurred, showing what appears to be a group of people in a social setting. The overall lighting is dim, and the image has a dark, muted color palette.

# The Experience

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Personalized health benefits, at scale



# Welcome to Omada

from Omada Health



01:59



# CLINICAL ENROLLMENT CRITERIA

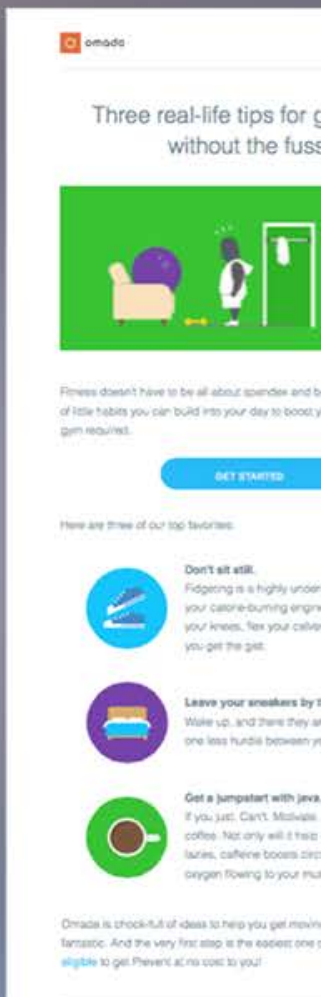
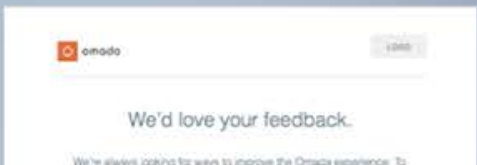
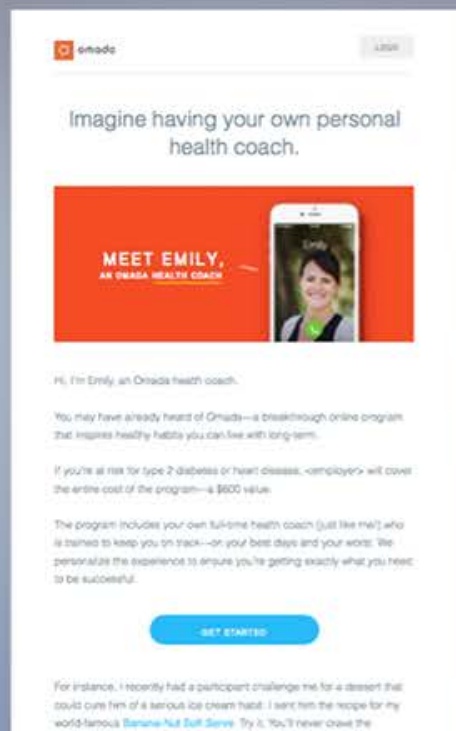
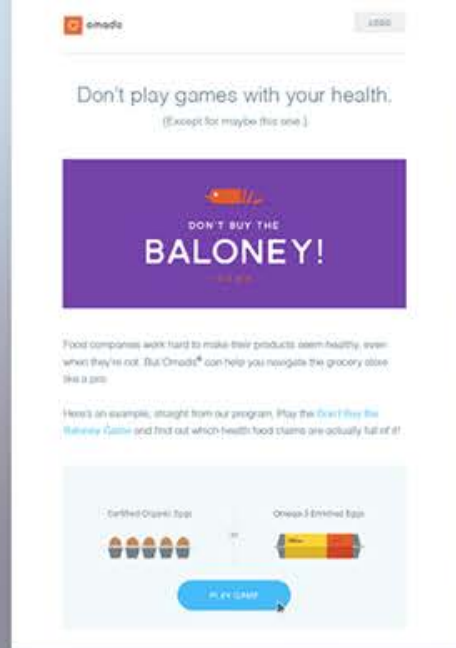
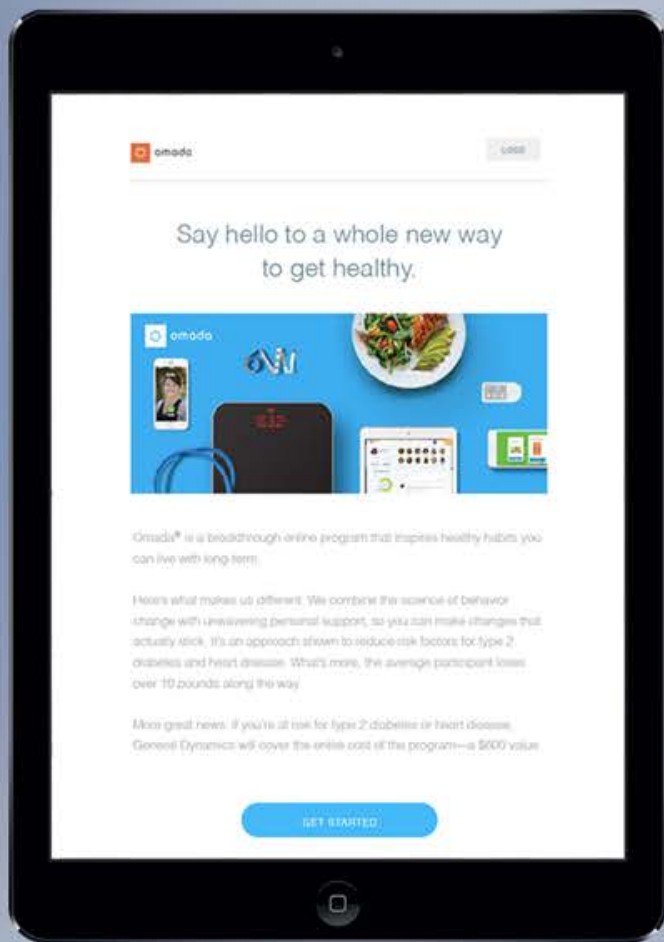
## DIABETES RELATED RISK FACTORS



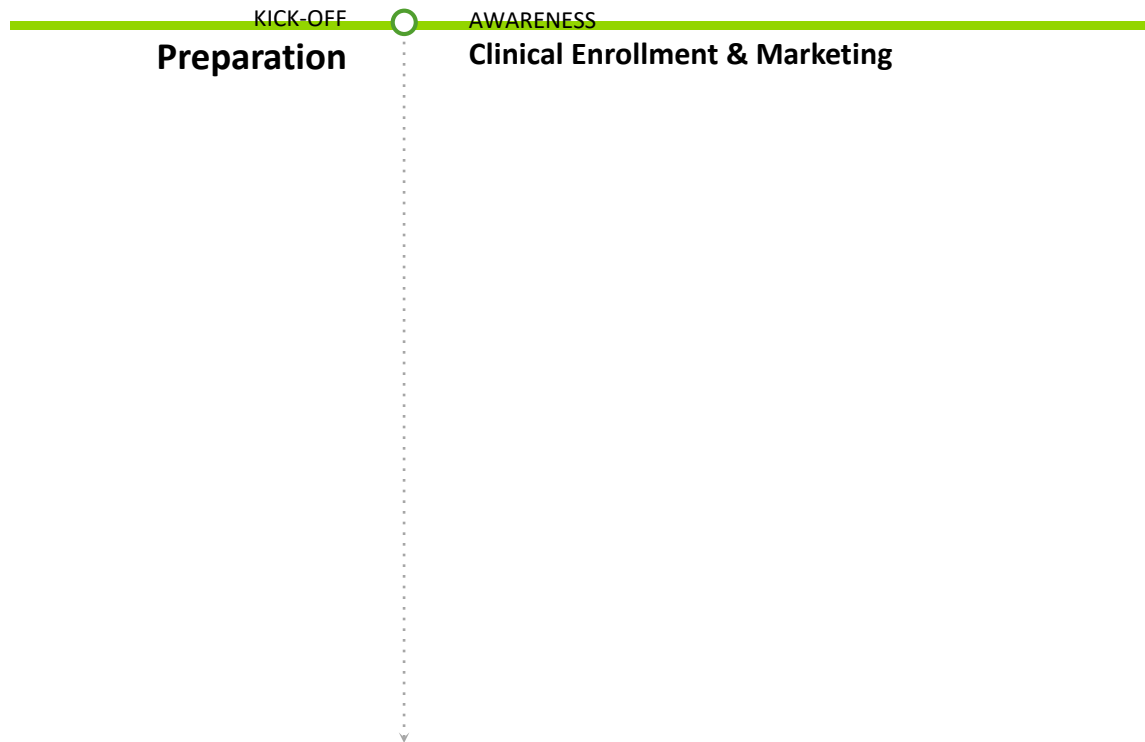


# COMMUNICATIONS

Communications proven to drive maximum interest and enrollment.

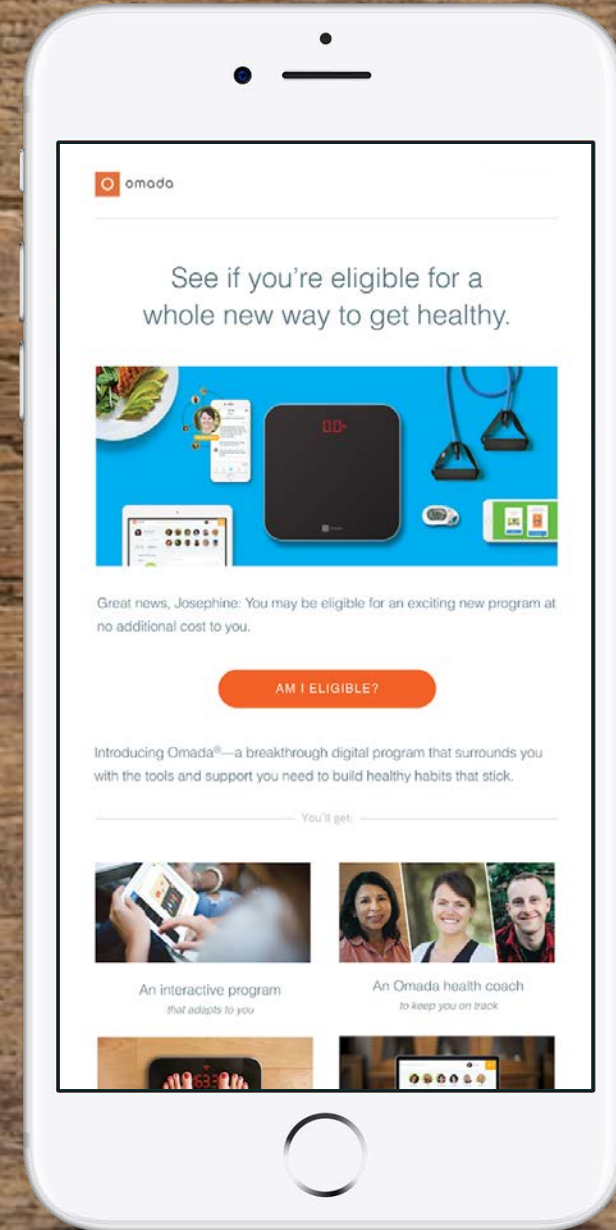


# THE OMADA JOURNEY: KICKOFF



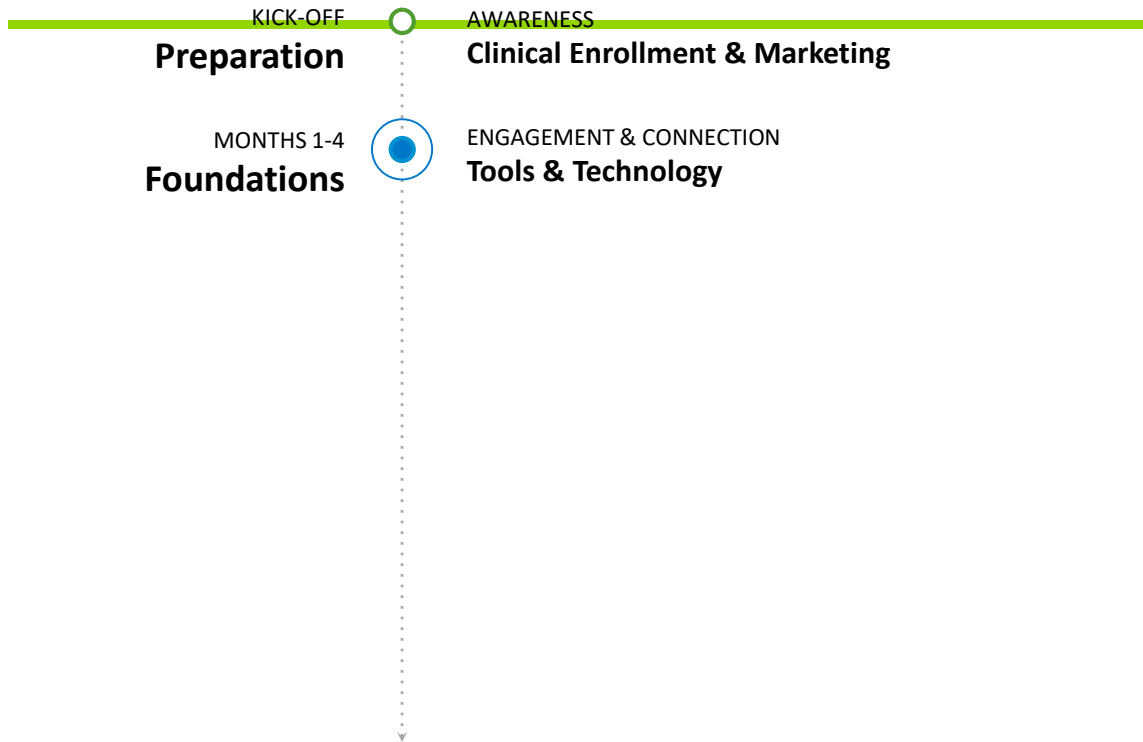
*One day I was going through my email and there was an invitation from the Omada program. That was the first day of the new me!*

Brenda, 60



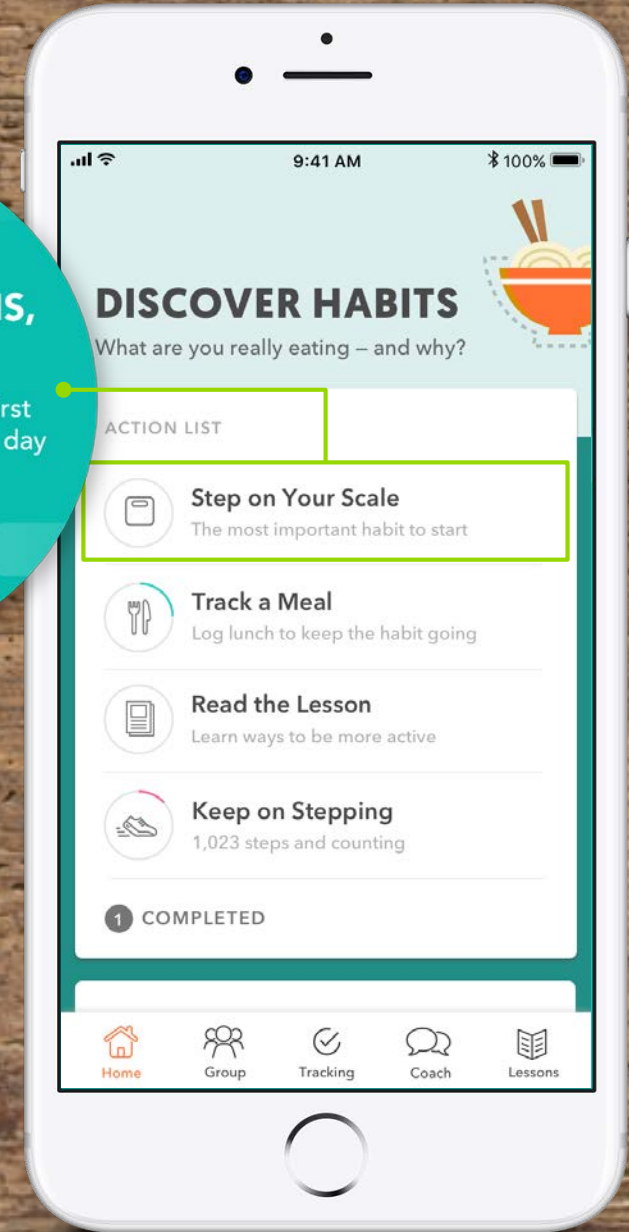
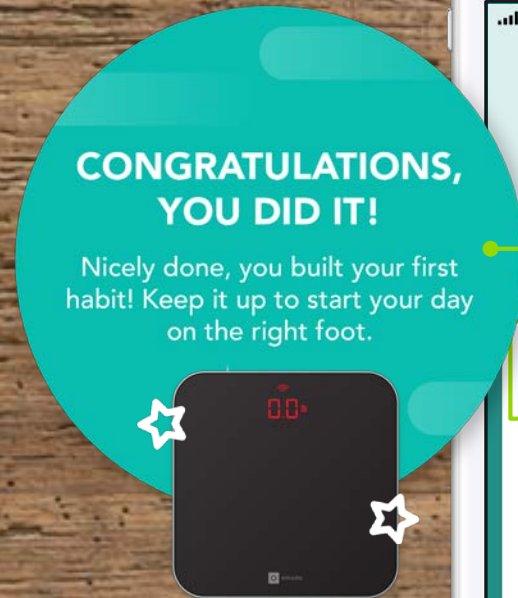


# THE OMADA JOURNEY: TOOLS & TECH

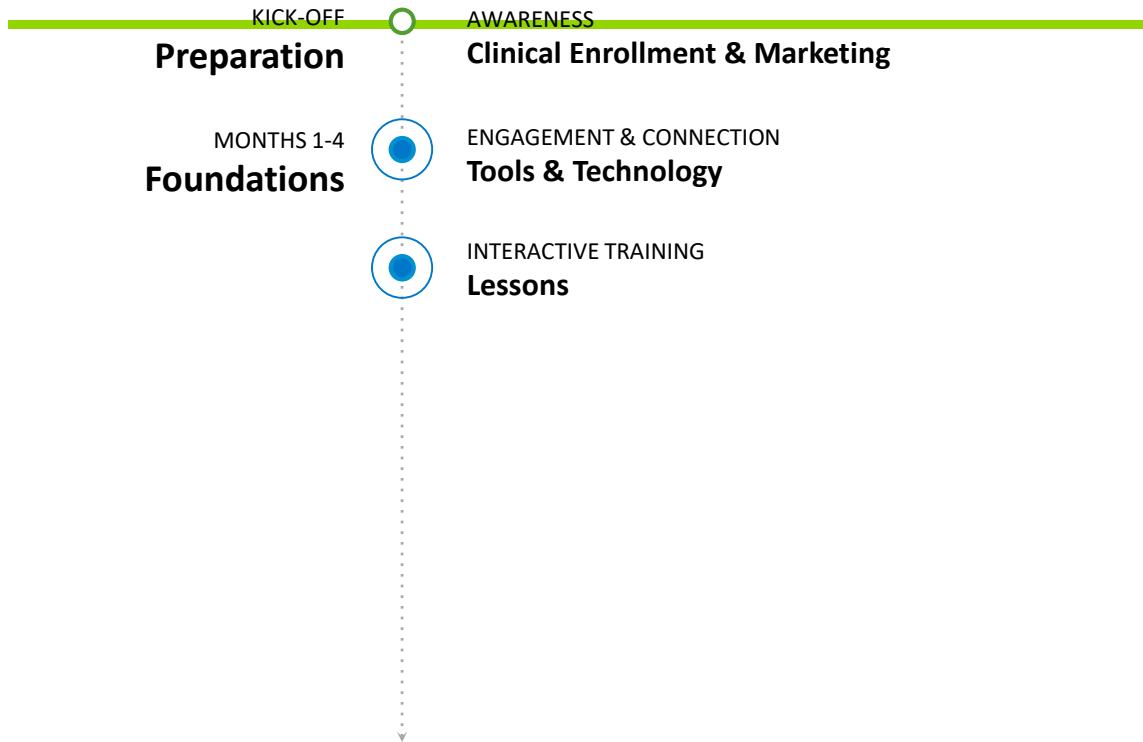


*When I received my scale and saw how my daily activities would be tracked, I realized Omada was seriously invested in my wellbeing and if I stayed with the program, I would create and maintain healthy daily habits.*

Anthony, 54

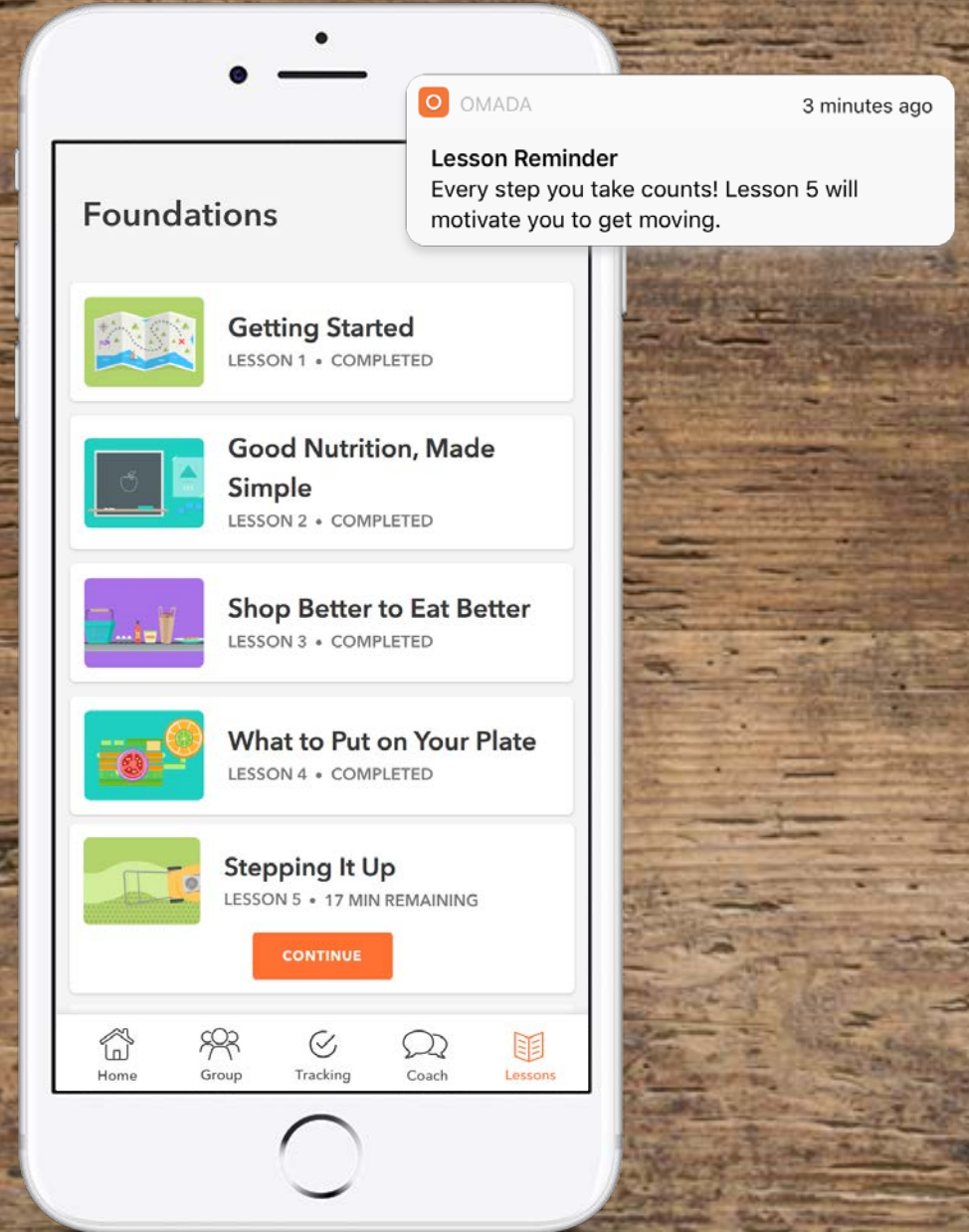


# THE OMADA JOURNEY: LESSONS



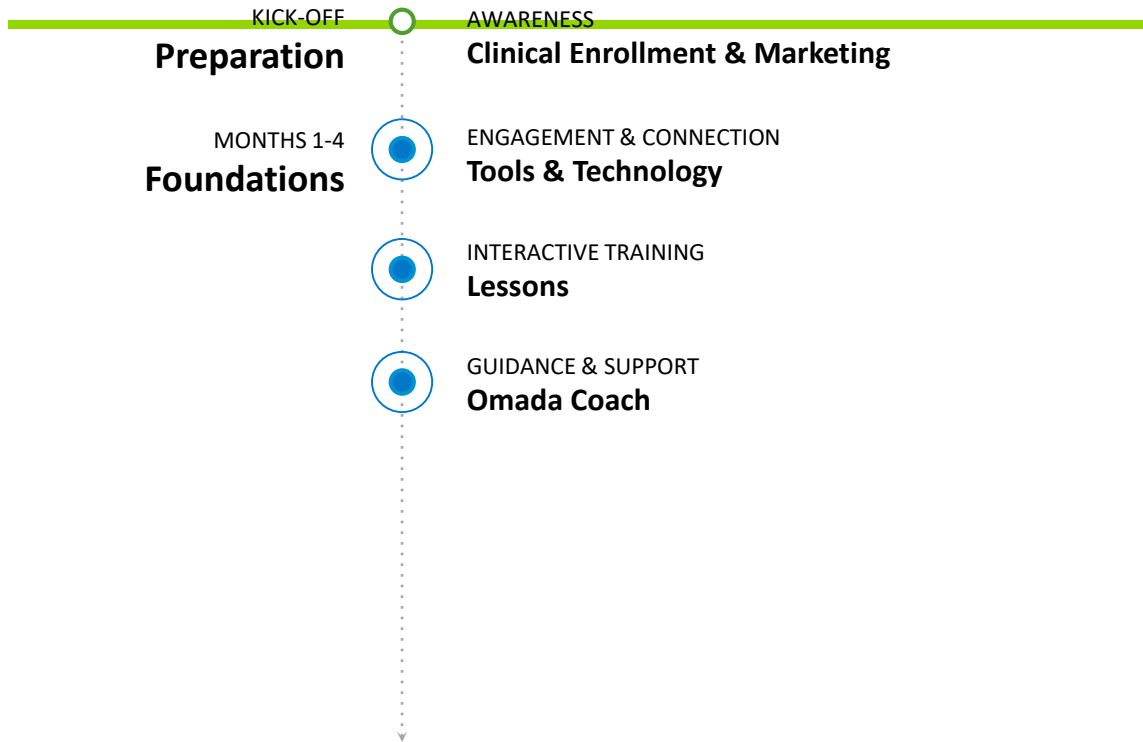
*The bite sized education is masterfully delivered. I always look forward to my new Sunday morning lesson.*

Mike, 58



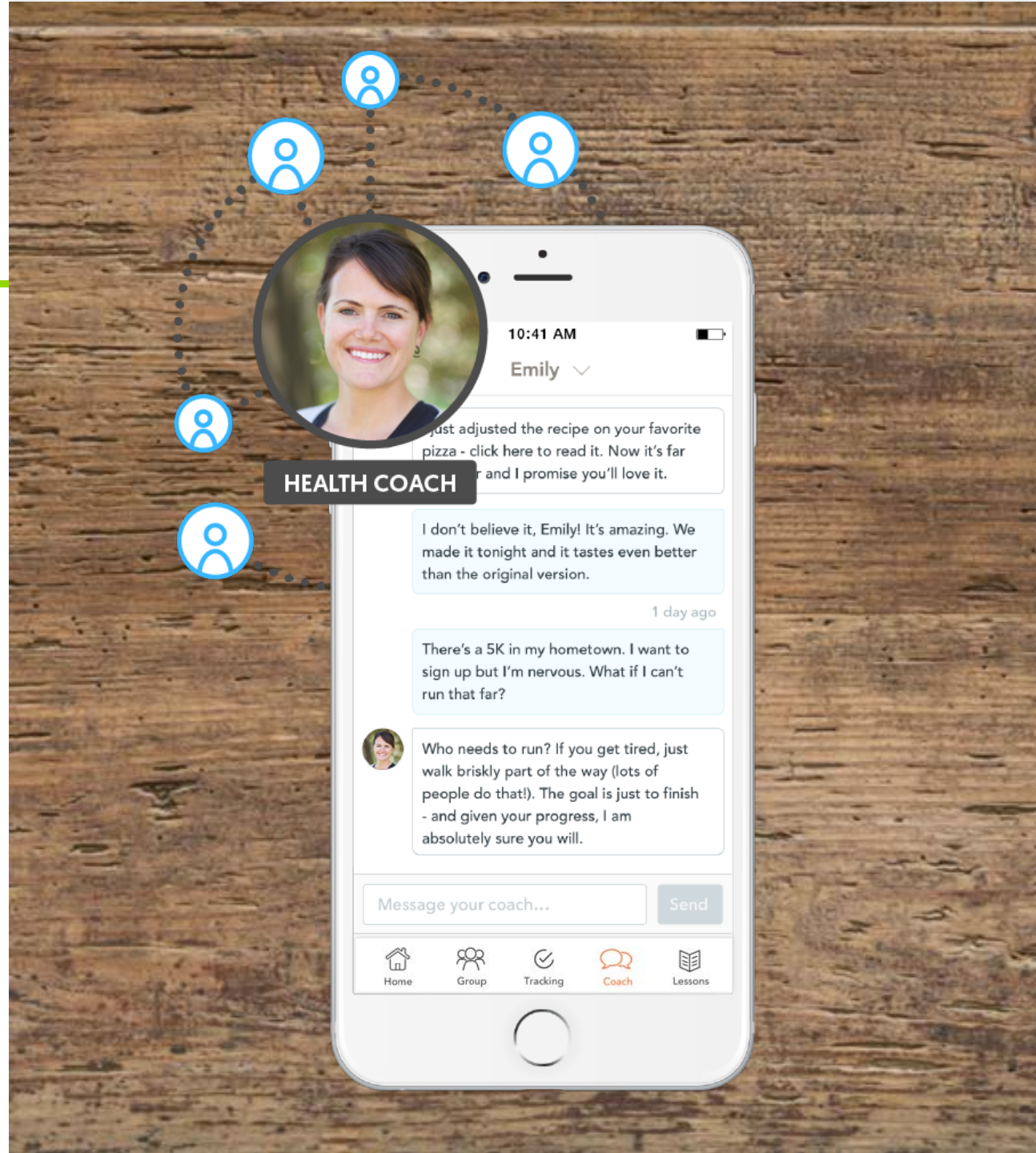


# THE OMADA JOURNEY: HEALTH COACH

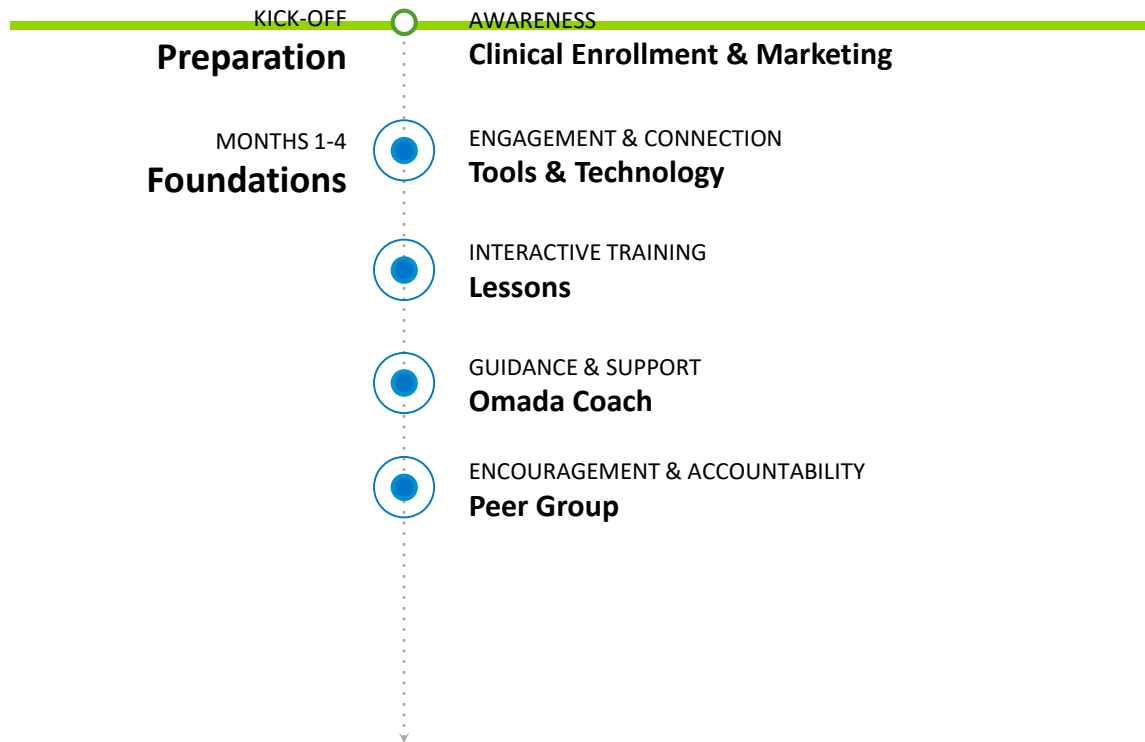


*My coach has been wonderful. I didn't feel judged by her, but well-supported. She would cheer me on, offer suggestions, answer my questions, and helped me keep my head in the game.*

RR, 46

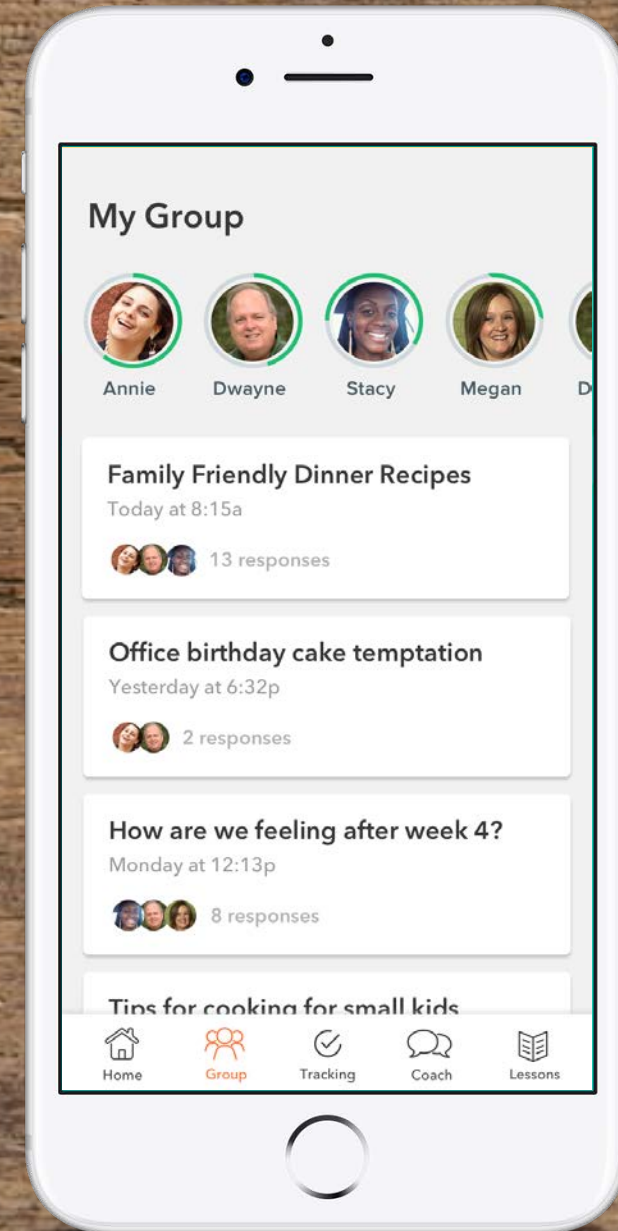


# THE OMADA JOURNEY: PEER GROUP



*Being in a small group allowed interaction among the group as well as fostered friendships with others going through the same challenges.*

Amy, 48



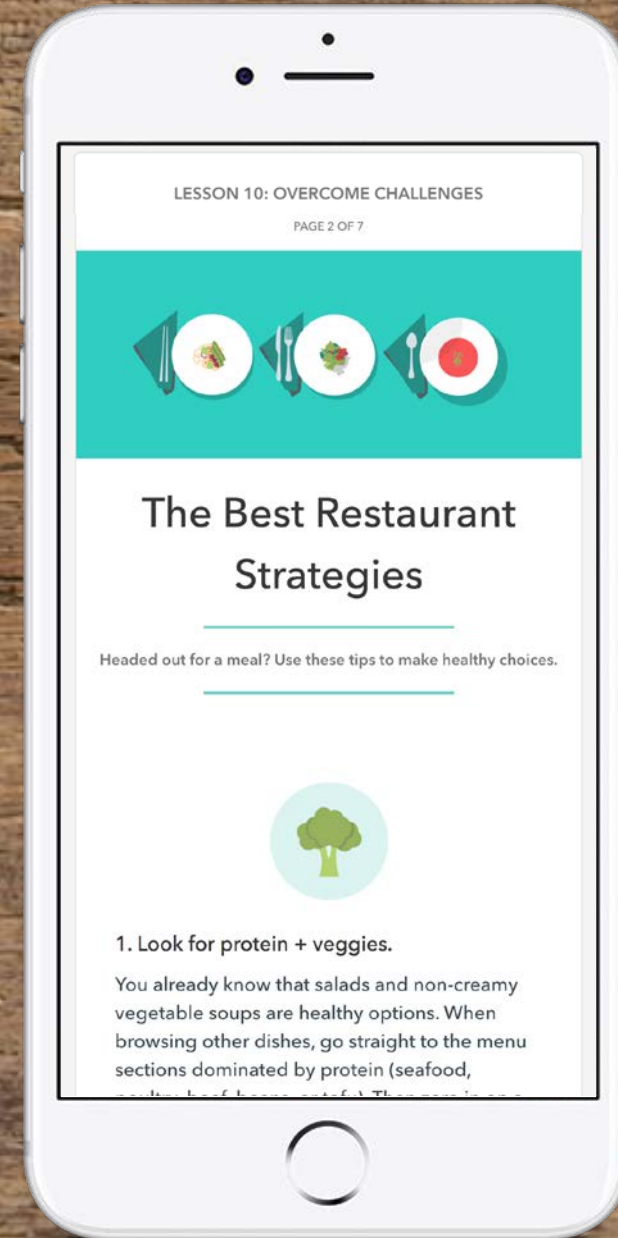


# THE OMADA JOURNEY: FOCUS

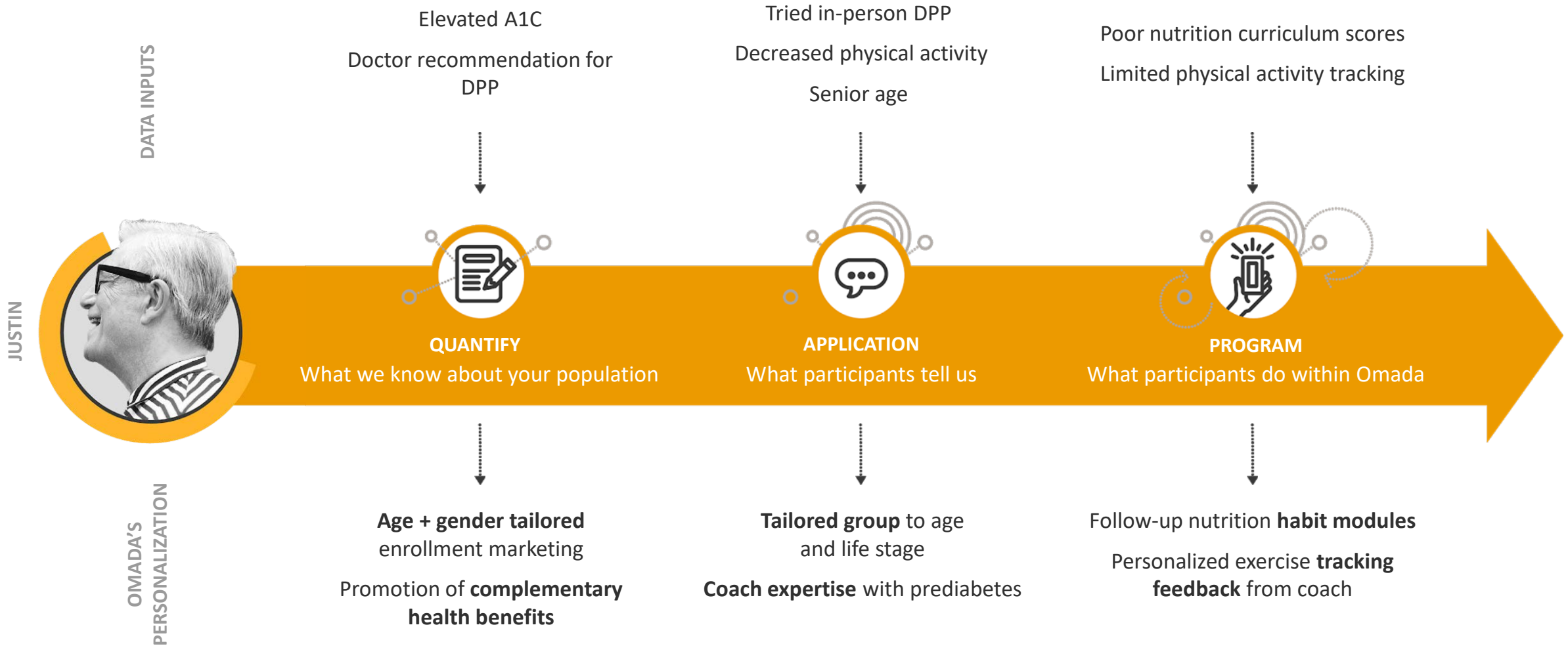


*I feel confident that I can keep up the lifestyle changes I've made and enjoy a healthier, more joyful life. Omada has given me a new lease on life and has empowered me to make lasting, healthy changes.*

Cassie, 36



# OMADA PERSONALIZES EVERY STEP OF THE PARTICIPANT EXPERIENCE



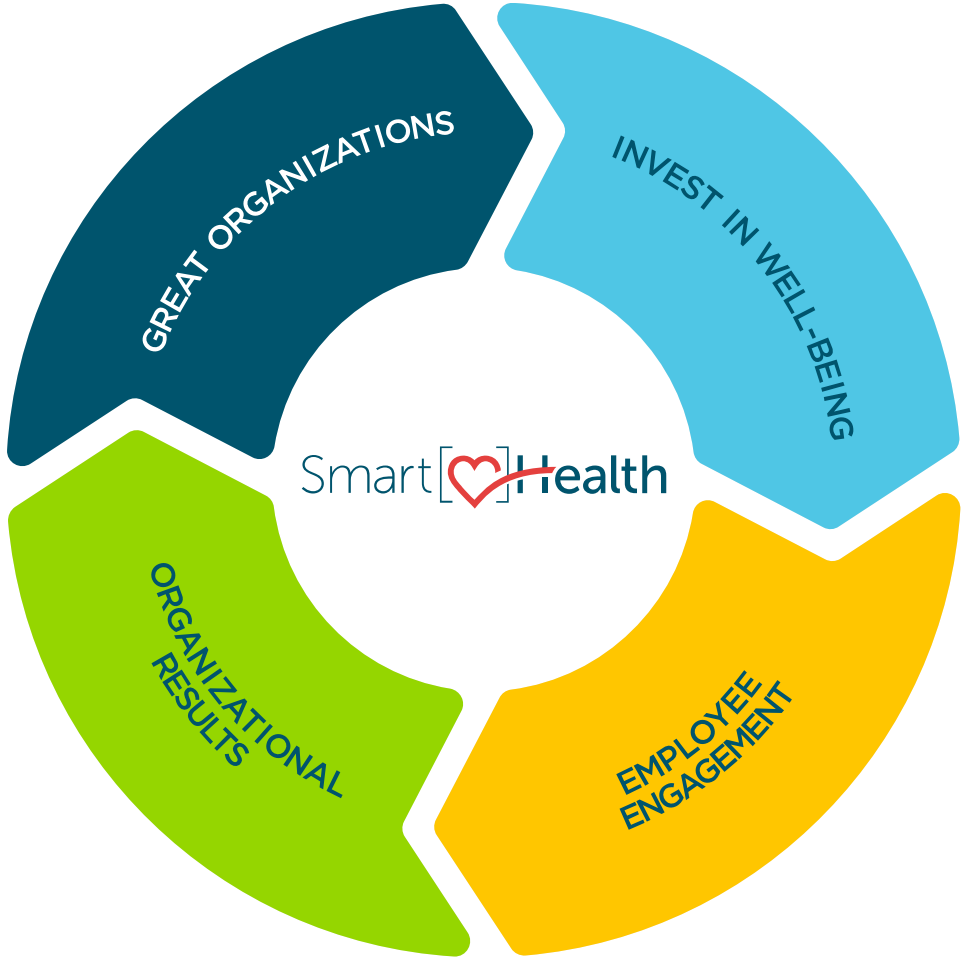


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# Smart [Heart] Health

# SmartHealth: Good for Employees and Organizations

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# SmartHealth Portal Updates

Complete Your Well-being Assessment

SmartHealth How-to Video

Celebrating Your *Why*

SmartHealth [Learn more](#)

Supporting you on your journey toward living well.

## My Plan



Make an appointment with



Make an appointment with

CURRENT

HISTORY

2

Level 2

Keep Going (complete this level by September 30, 2018)

- Complete this level by September 30, 2018

- Earn 2,000 points and complete your WBA

- PEBB subscribers will qualify for the \$125 Wellness Incentive

The reward for achieving this level expired on Sep 30, 2018.

Reach 2,000 pts



# 2019 SmartHealth Resources for Wellness Coordinators

## What we're working on

[Build a wellness program](#)

**[SmartHealth](#)**

[Diabetes prevention](#)

[Living tobacco free](#)

[Healthy Worksite Summit](#)



## SmartHealth

[SmartHealth](#) is Washington State's fun, secure, easy-to-use website that supports you on your journey toward living well. Add SmartHealth's online features to your worksite wellness program by using our resources below.

### On this page

[Why SmartHealth?](#)

[Get started](#)

[Staff support](#)

[Events](#)

# 2018 SmartHealth Incentive Deadlines

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## ▶ \$25 Amazon.com gift card

- ▶ Complete Level 1 (Well-being Assessment), earn 800 points.
- ▶ Must earn and claim gift card by 12/31/18.

## ▶ \$125 reduction in medical deductible or HSA deposit

- ▶ Complete Level 1 and earn a total of 2,000 points by deadline
- ▶ \$125 applied in January 2019 to medical plan deductible or HSA deposit

# Wellness Coordinator Training and Technical Assistance

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- ▶ Background
- ▶ Current
- ▶ Training Format
- ▶ Future

# Background

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## EXECUTIVE ORDER 13-06



The HCA's Washington Wellness Worksite Designation Program will provide structure and technical and training assistance to agencies involved in developing an effective internal wellness program for employees.

# Current

Smart[Heart]Health  
**SmartHealth Worksite Wellness Roadmap**  
8 steps to build and grow a sustainable wellness program

- 1 Get leadership support**  
Work with **leadership** to define and **support** the organization's wellness vision
- 2 Form a team**  
**Form a diverse team** to increase your reach and creativity
- 3 Collect information**  
Create multiple ways to **collect** staff **information** and interests
- 4 Make a plan**  
**Make a plan** so your team can work toward shared goals
- 5 Promote activities**  
**Promote activities** that interests staff and involves leadership to maximize participation
- 6 Create policies**  
Reduce worksite barriers by **creating** **policies** that increase access for staff
- 7 Evaluate progress**  
**Evaluate** the program's **progress** so you can share what did and did not work
- 8 Share results**  
**Share** program **results** and recognize team success to prepare for next year

 **Zo8** 2017 AWARD WINNER  
WASHINGTON WELLNESS

Smart [Heart] Health





# Training Format

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# Training Format

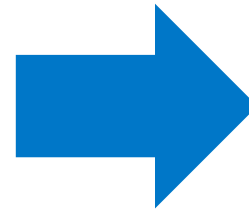
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- ▶ In-person
- ▶ Webinar
- ▶ eLearning
- ▶ Archived
- ▶ On-site

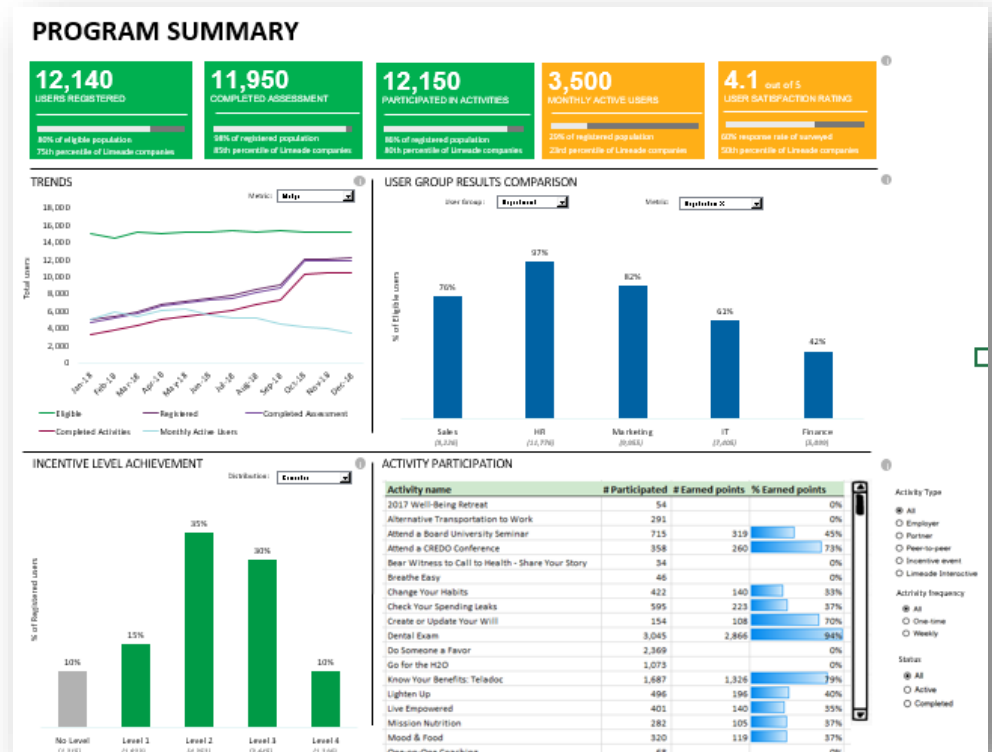


# SmartHealth Data Dashboard Update

## Old



## New



# Future

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# Question and Answer

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# More Questions?

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Washington Wellness

Employees and Retirees Benefits Division

[wawellness@hca.wa.gov](mailto:wawellness@hca.wa.gov)

360-725-1700