

THE PARTICIPANT'S JOURNEY

INTRODUCING OMADA

FIND OUT ABOUT OMADA



Omada® is a digital lifestyle change program personalized to help you prevent diabetes and reach your health goals—whether that's losing weight, gaining energy, or improving your overall health.

Participants get all the support and tools they need, including an interactive program, wireless scale, health coach, and more.



COMPLETE THE ONLINE APPLICATION

But is it for me?



Apply to determine if you are eligible for the Omada program.

The application only takes 5-10 minutes.



RECEIVE CONFIRMATION

Yay, I'm in!



In 1-2 days they'll receive an email letting them know if they qualify to join, at no cost to the individual.



SET UP ACCOUNT

I'm really doing this...



They answer a few questions to help Omada personalize their experience. This takes about 10 minutes.



RECEIVE A WELCOME KIT

Oooh, tools for success!



Within 1-2 weeks of completing account setup, participants receive their scale, which helps to track their progress in the program.



MEET THE TEAM

I'm glad we're all in this together.



They are matched with a small group of participants who will all go through the program together.



PROGRAM KICK OFF

And off we go!



Groups kick off each Sunday with an intro message from the coach and access to the first lesson.

You'll receive the program with no out of pocket cost if you or your adult dependents are enrolled in a University health plan offered through Blue Cross Blue Shield of Michigan or Blue Care Network and are at risk for type 2 diabetes.

omadahealth.com/UofM

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STAGE 1 : WEEKS 1-16

FOUNDATIONS



Participants learn the fundamentals of making smarter food choices by tracking meals, completing lessons, and engaging with their group.

I'm learning how to eat better.



Participants learn how to incorporate healthy activities into their daily lives.

I'm finding ways to move more.



Participants gain skills that allow them to break barriers to change, better manage stress, and improve sleep habits.

I'm sleeping better and stressing less.



Participants practice techniques for making their healthy habits stick, for good.

I'm confident I can keep going.



STAGE 2 : WEEKS 17+

FOCUS



Participants focus on unique challenge areas and receive ongoing support from a health coach and extended peer group.

I'm continuing to learn and grow.



Healthy habits, for life.

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