



Maximus Wellness Talk

→ with Omada Health Coach Lori

Introduction



Lori

Omada Health Coach

About me

- + Originally from Eagle Pass, Texas, but currently lives in West Point, New York (Go Army!)
- + Graduated from Texas Tech University with a Bachelors in Kinesiology
- + Also certified as an Exercise Physiologist, Group Fitness Instructor & an Indoor Cycle Class Instructor
- + I have 2 fur-babies: a 6-year old Pitbull (Kehlani) & a 7-month old Siamese kitten (Leia)
- + Fun fact: I love going to concerts!



Let's build your knowledge about:

- + Prediabetes
- + Diabetes
- + High Blood Pressure
- + Omada Health





Understanding Prediabetes & Diabetes

How common are prediabetes and diabetes?



Prediabetes



1 out of 3

Americans has prediabetes



4 in 5

don't know it



High risk of type 2
diabetes, heart disease,
and stroke

Diabetes



1 out of 10

Americans has diabetes



1 in 5

don't know it



Someone is diagnosed
every 17 seconds



Here's the Good News

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**Prediabetes and diabetes
are both *preventable* and
manageable with education
and personal support.**



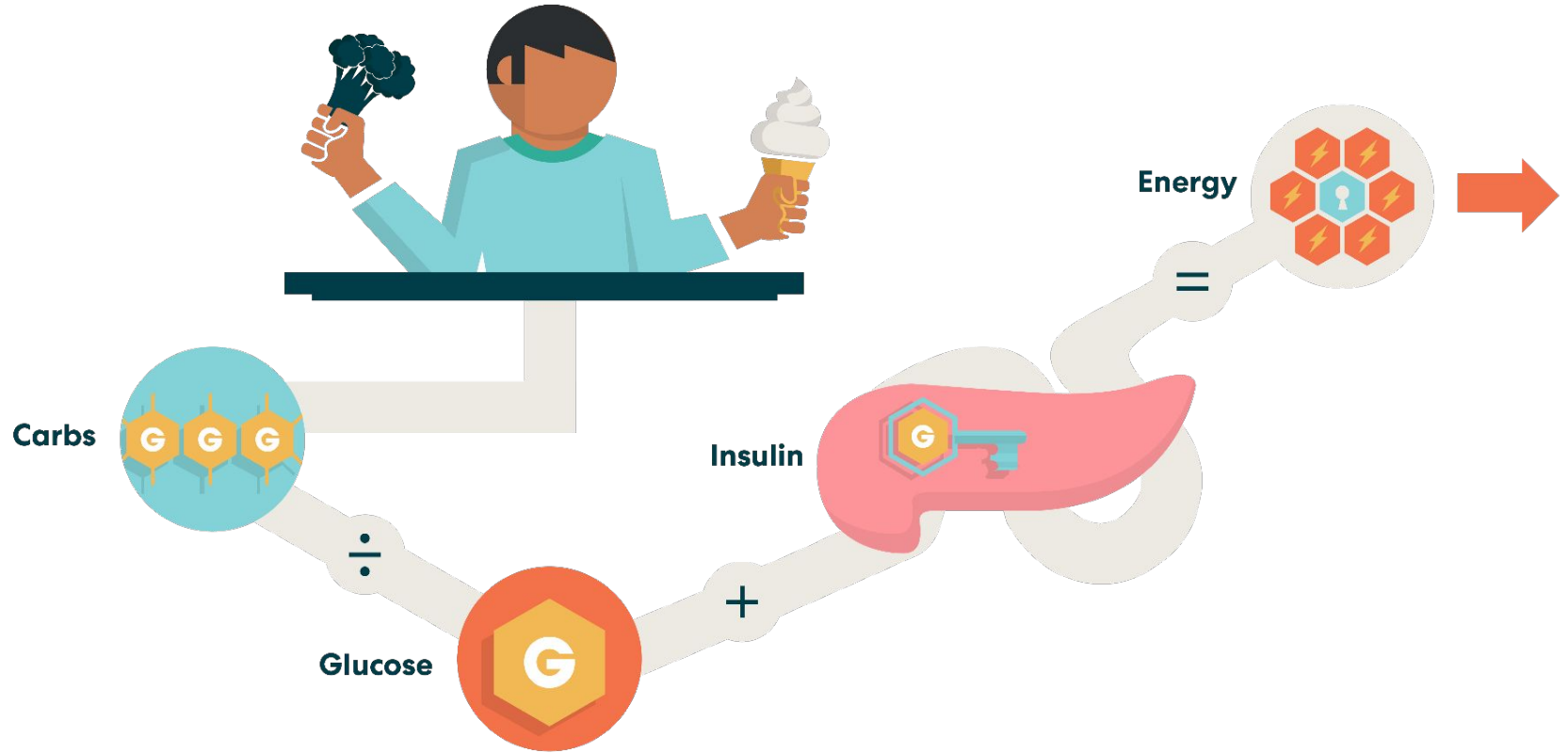


Understanding Prediabetes & Diabetes

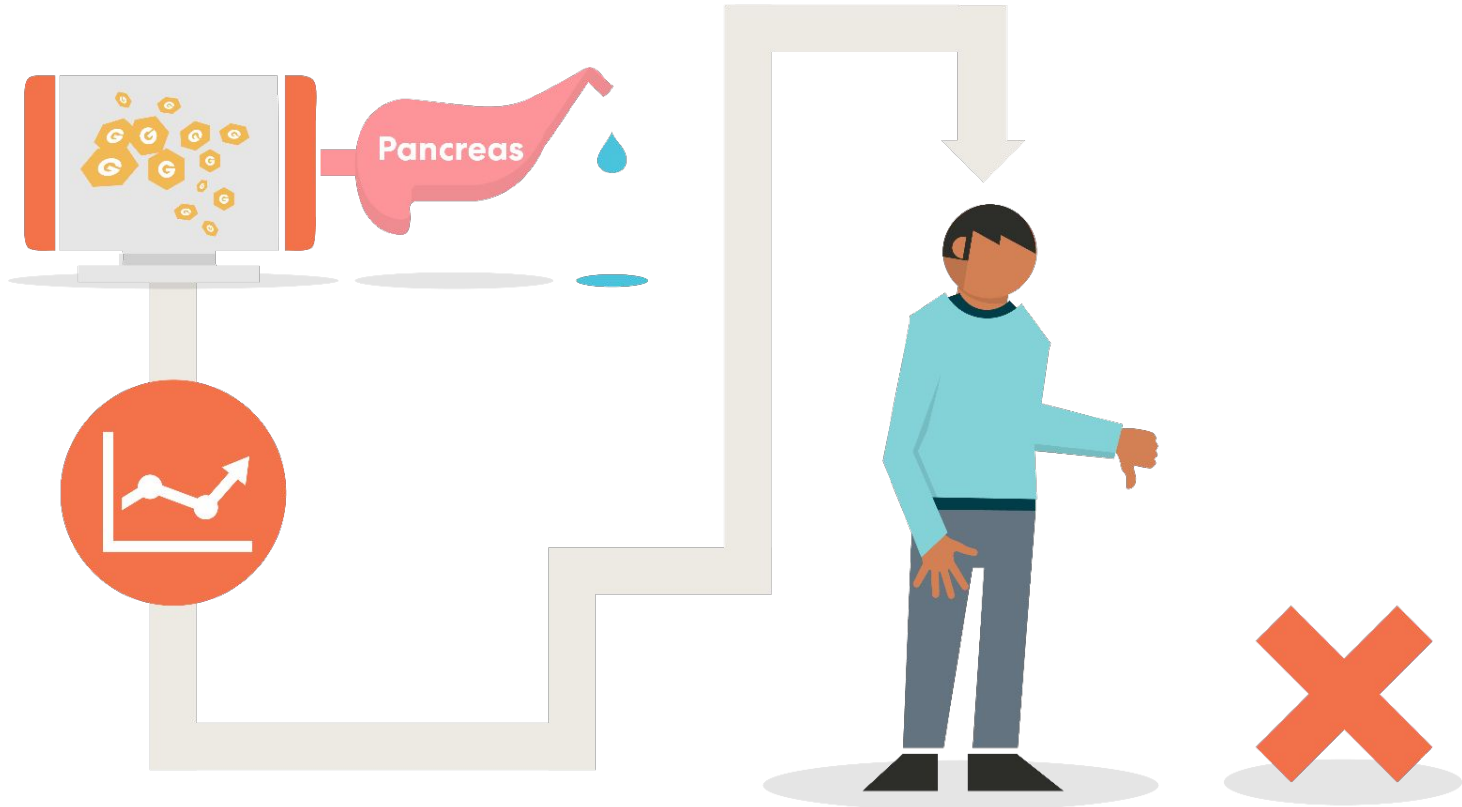
What is prediabetes?



The Mechanics



Prediabetes & Diabetes



Difference between **Type 1 diabetes** and **Type 2 diabetes**

	Type 2 Diabetes	Type 1 Diabetes
% of Diabetes Cases	The most common form of diabetes (90-95% of all diabetes cases)	Less common (5-10% of all diabetes cases)
What happens	The body does not use insulin properly	An autoimmune condition where the immune system “attacks” the insulin-producing beta cells of the pancreas Deficiency of insulin or the body does not produce insulin
Treatment / Management	Glucose can be managed with lifestyle changes, medications, or insulin	Individual needs to be on insulin

SOURCES:

“Diabetes Overview.” Diabetes Symptoms, Causes, & Treatment | ADA, <https://diabetes.org/diabetes>

National Diabetes Statistics Report. Centers for Disease Control and Prevention 2020. <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>



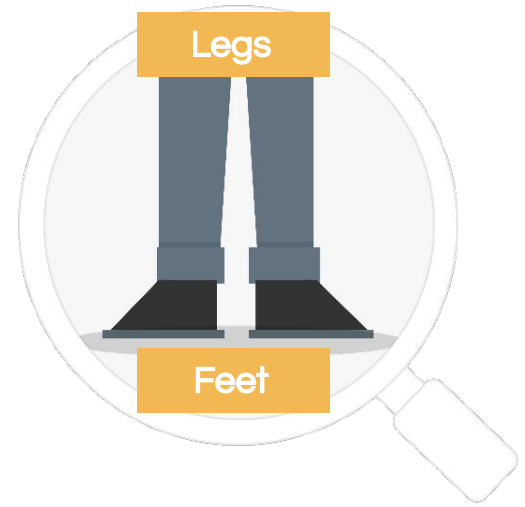
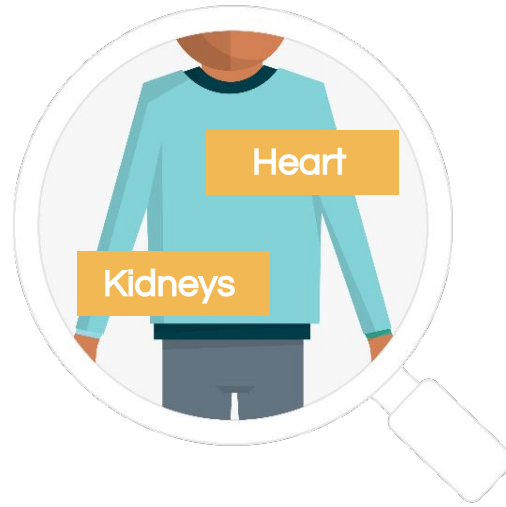
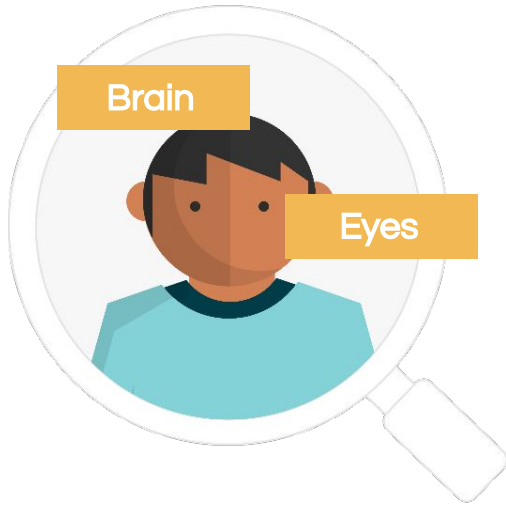


Understanding Prediabetes & Diabetes

What does diabetes do to your body?



What Diabetes Can Do To Your Body





Understanding Prediabetes & Diabetes

What are the risk factors of diabetes?

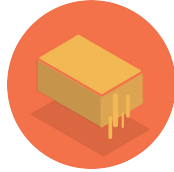


What are the risk factors?

In your Control



Weight



Cholesterol



Sedentary Lifestyle



Blood Pressure



Sleep

Not in your Control



Race



Family History



Age





Understanding Blood Pressure

Let's talk about high blood pressure

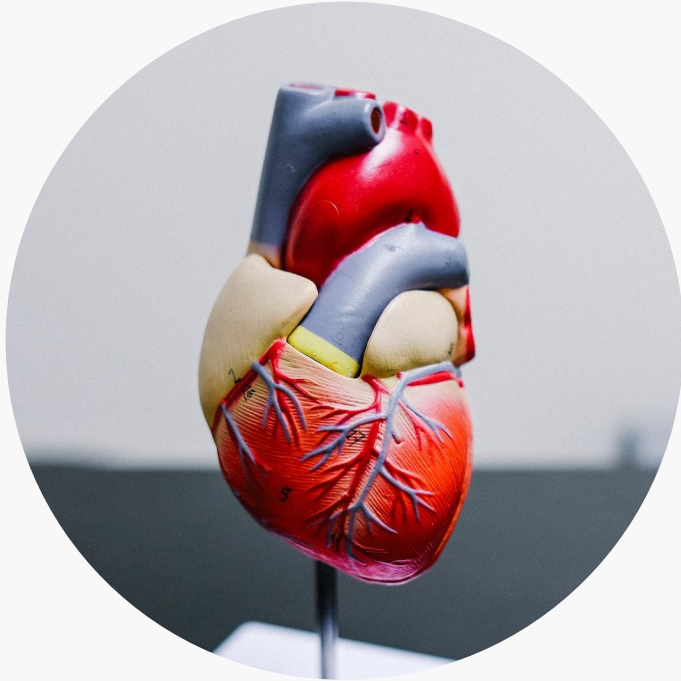




What is blood pressure?

**A measure of the force of
blood inside our arteries.**

What is blood pressure?



120

Systolic

80

Diastolic

Blood Pressure Categories

Categories	Systolic mmHG (upper number)		Diastolic mmHG (lower number)
Hypertensive Crisis	Higher than 180	and/or	Higher than 120
Stage 2 Hypertension	140 or higher*	or	90 or higher*
Stage 1 Hypertension	130-139*	and	80-89*
Elevated	120-129	and	Lower than 80
Normal	Lower than 120	and	Lower than 80

*These numbers apply only to BP readings taken at a doctor's office. Corresponding numbers for at-home readings are slightly lower.



High Blood Pressure Stages



Stage 1

130-139 / 80-89 mm Hg

Stage 2

140 / 90 mm Hg

Crisis

180 / 120 mm Hg



The good news:
*Healthy habits can help
lower blood pressure.*







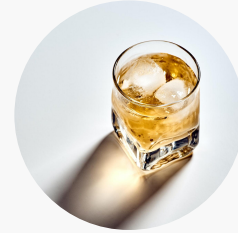
More Ways to Reduce your Risk



Healthy Weight



↓ Salt



↓ Alcohol

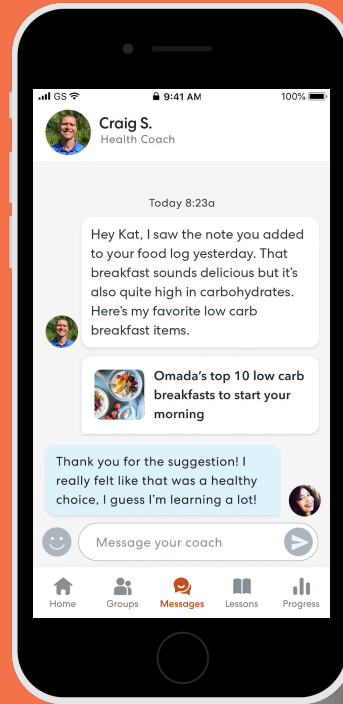
**Navigating a chronic
condition is tough**

**Having support along the
way can make all the
difference.**



How Omada helps:

Omada is an
actual health
coach (like me)
in your pocket.

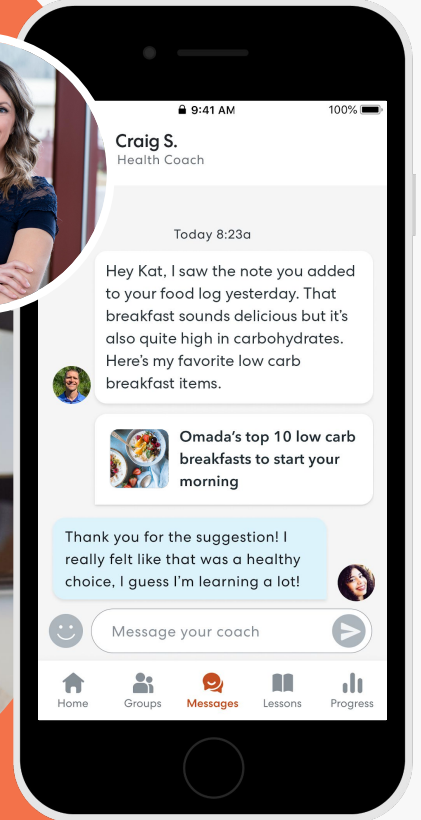


App images are fictionalized samples and do not reflect information about a specific person.

About Omada

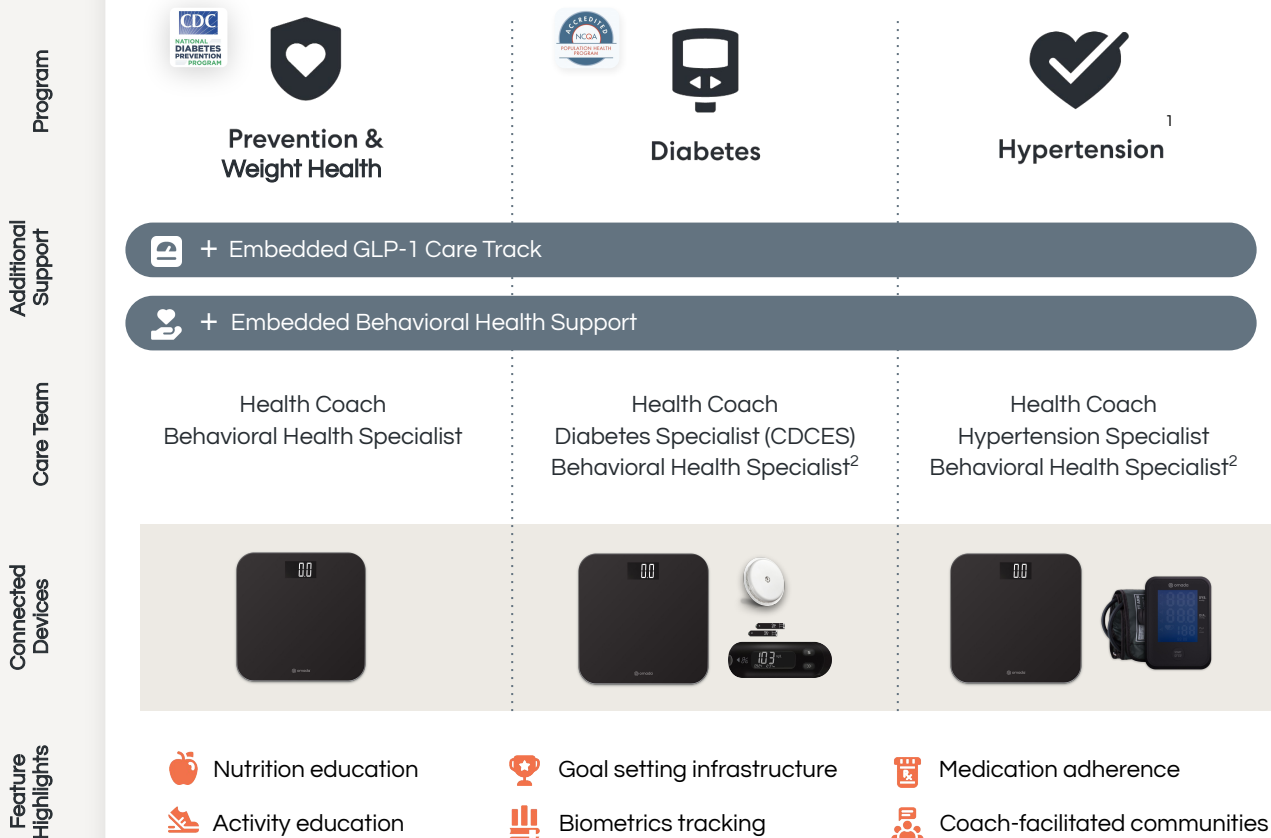
Omada is a virtual program that helps you live life with more confidence and less stress

- + Founded in 2011 to inspire and engage people in lifelong health
- + Delivers programs that help people improve their health and manage chronic conditions through **smart devices and one-on-one coaching**
- + Serves more than 700,000 members across the U.S.



The Omada Suite

A multi-condition platform for Honda employees



1: NCQA population health accreditation for Diabetes + Hypertension program

2: Behavioral Health Specialists operate behind the scenes with other members of the care team and do not have a member-facing role





Member Experience



The application process begins at the client's dedicated Landing Page.

maximus

Log in

Get Started

Better health, *made easier*


Whatever 'healthy' means to you, Omada helps you get there with a plan built around you and all the tools and support you need. All at no cost to you.



Get Started

Play the video →

OmadaHealth.com/ Maximu
S

 omada CLOSE X

COVERAGE ELIGIBILITY

You may be able to join Omada at no cost to you!
Fill out the information below, and we'll check to see if your employer or health insurance offers Omada as a benefit. (All fields are required.)

First Name Last Name

Please enter your first and last name as it appears on an official ID.

Email

Employer

Health Insurance

None/Not Sure

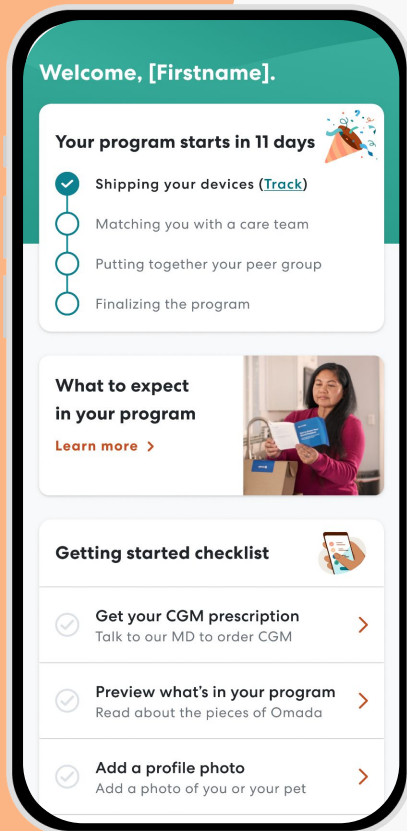
As a health care provider and a covered entity under HIPAA, Omada takes your privacy seriously. For more information about how Omada maintains and uses information about you, please refer to the [Terms of Use](#), [Privacy Policy](#), and [Notice of HIPAA Privacy Practices](#).

Applying is easy and takes less than five minutes.



Eligible members are mailed a Welcome Kit directly to their front door.

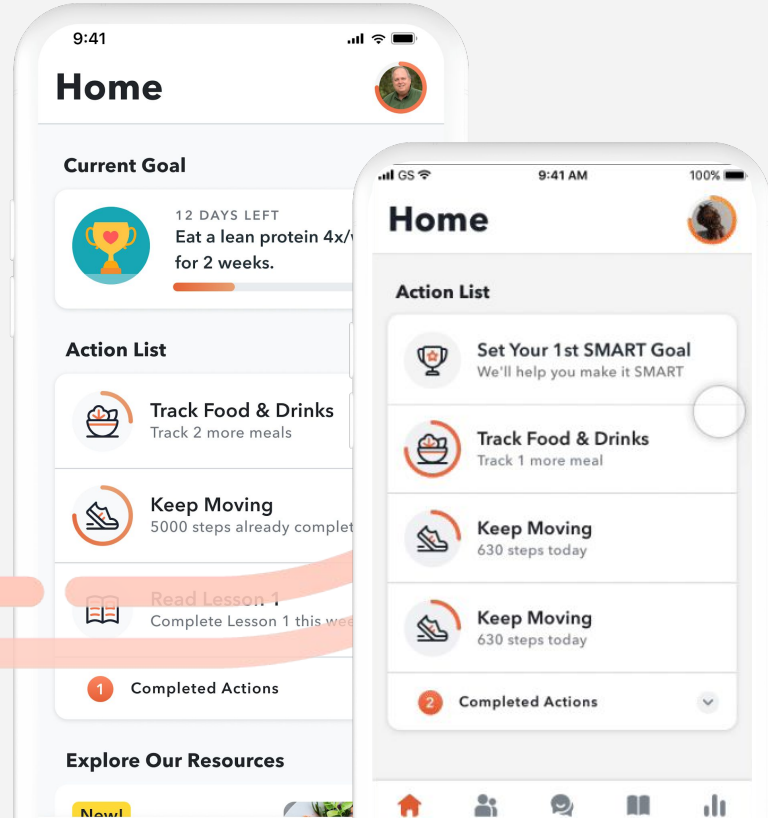




Launchpad pre-program experience to help members hit the ground running when they start Omada.

- Conditional content specific to each member's program.
- Getting Started checklist to prepare for program kick-off.

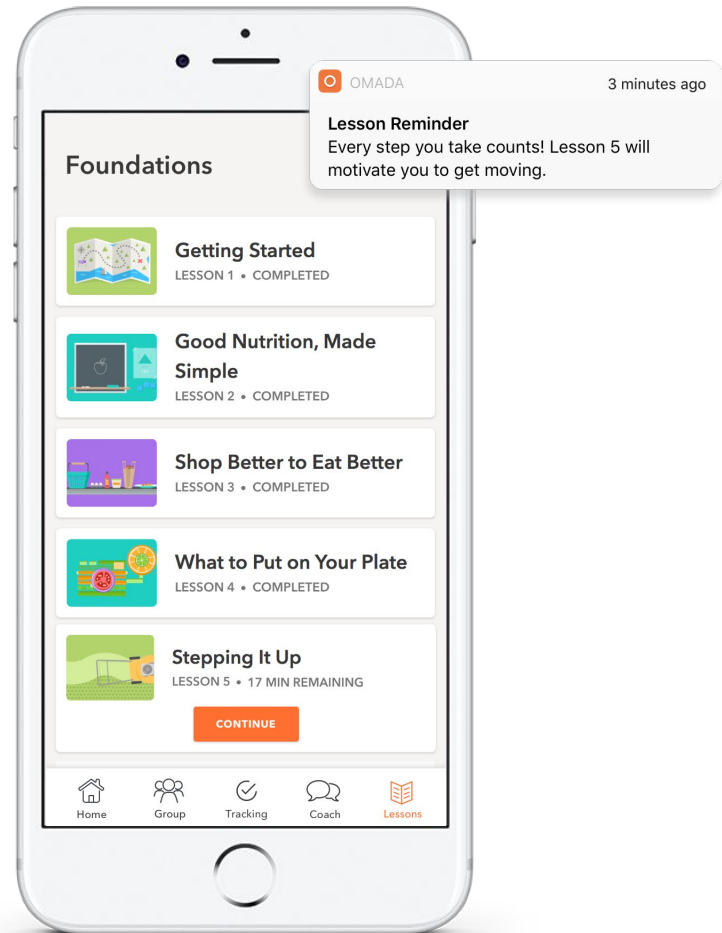
Personalized home page includes quick access to commonly used features like Smart Goals, Food & Drink tracking, Lessons, and more.

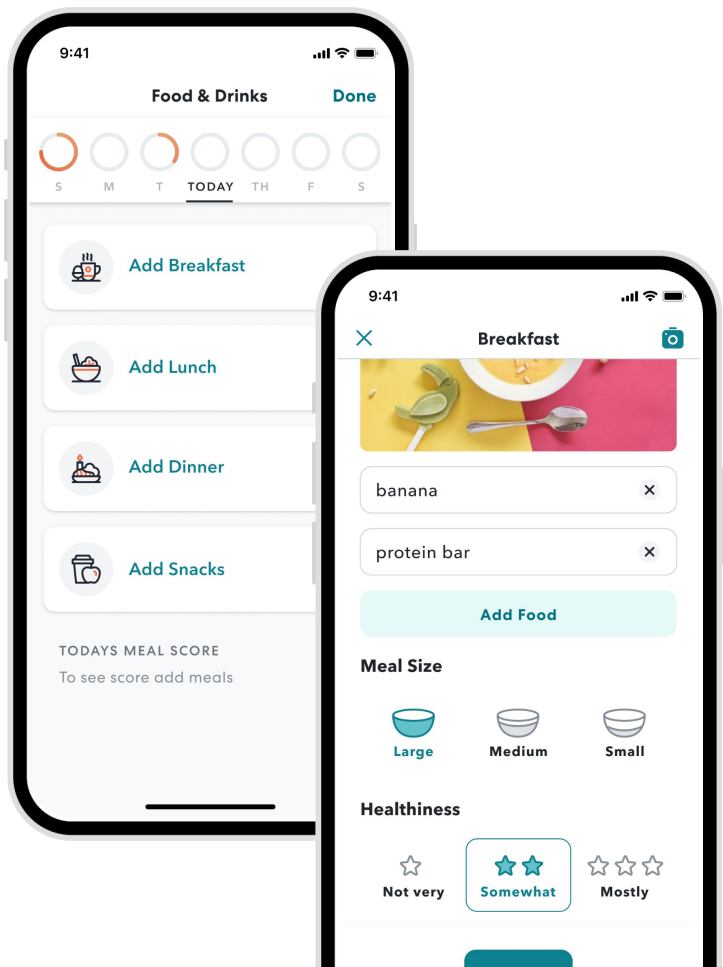


Dedicated health coaches and specialists support members throughout their program.



Interactive weekly lessons provide a strong foundation for behavior change.

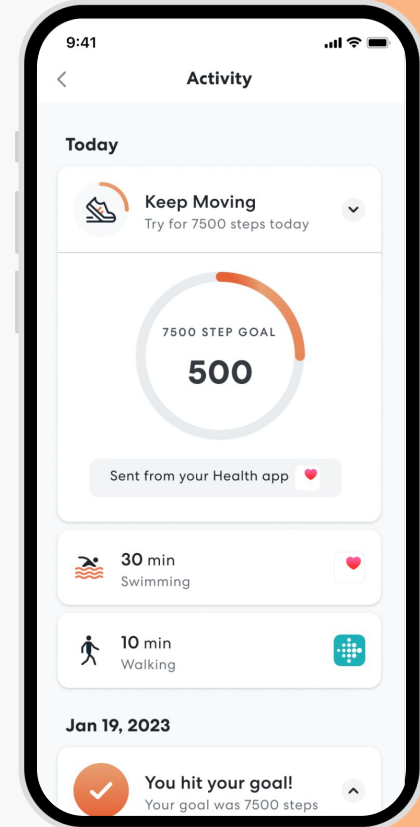




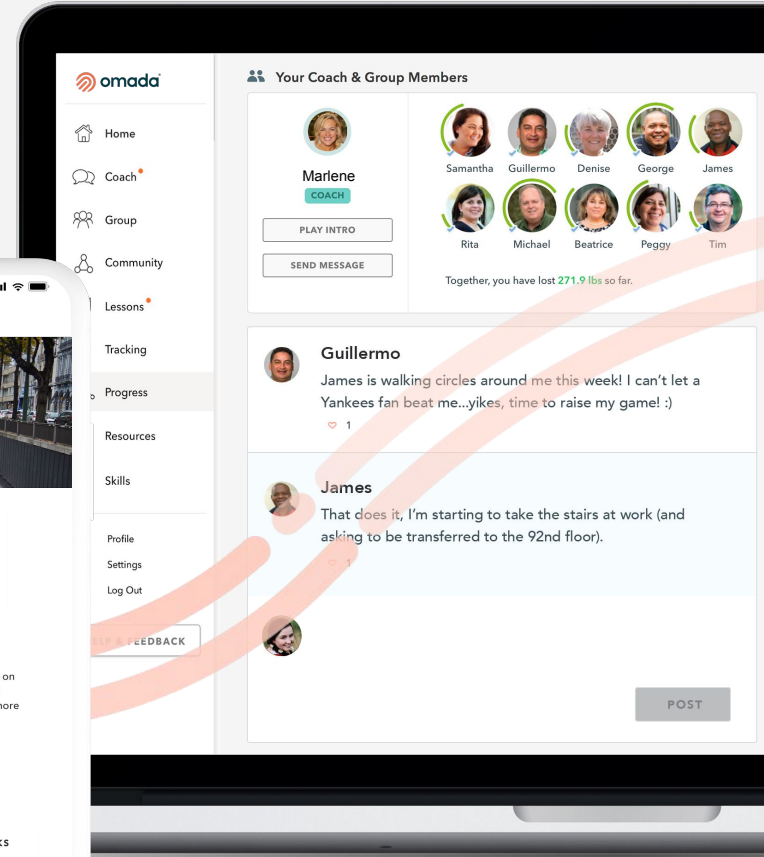
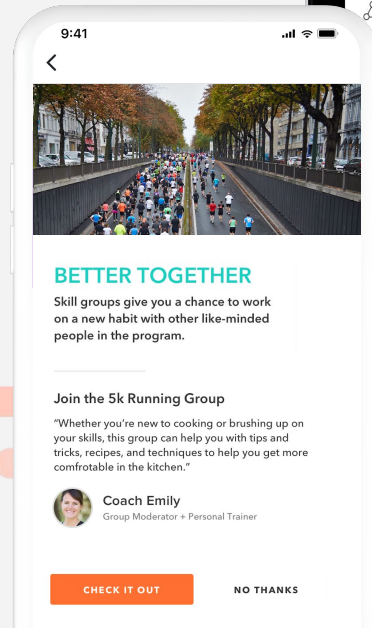
Food and drink tracking made simple.

Members input their meal contents, portion size and healthiness rating.

Fitness Tracking allows members and their Coaches to easily monitor activity through connectivity to all major devices.



Topic-specific peer groups offer support, accountability, and community!



**What if a
member has a
question about
Omada?**

Member Support

 Email:
Support@OmadaHealth.com

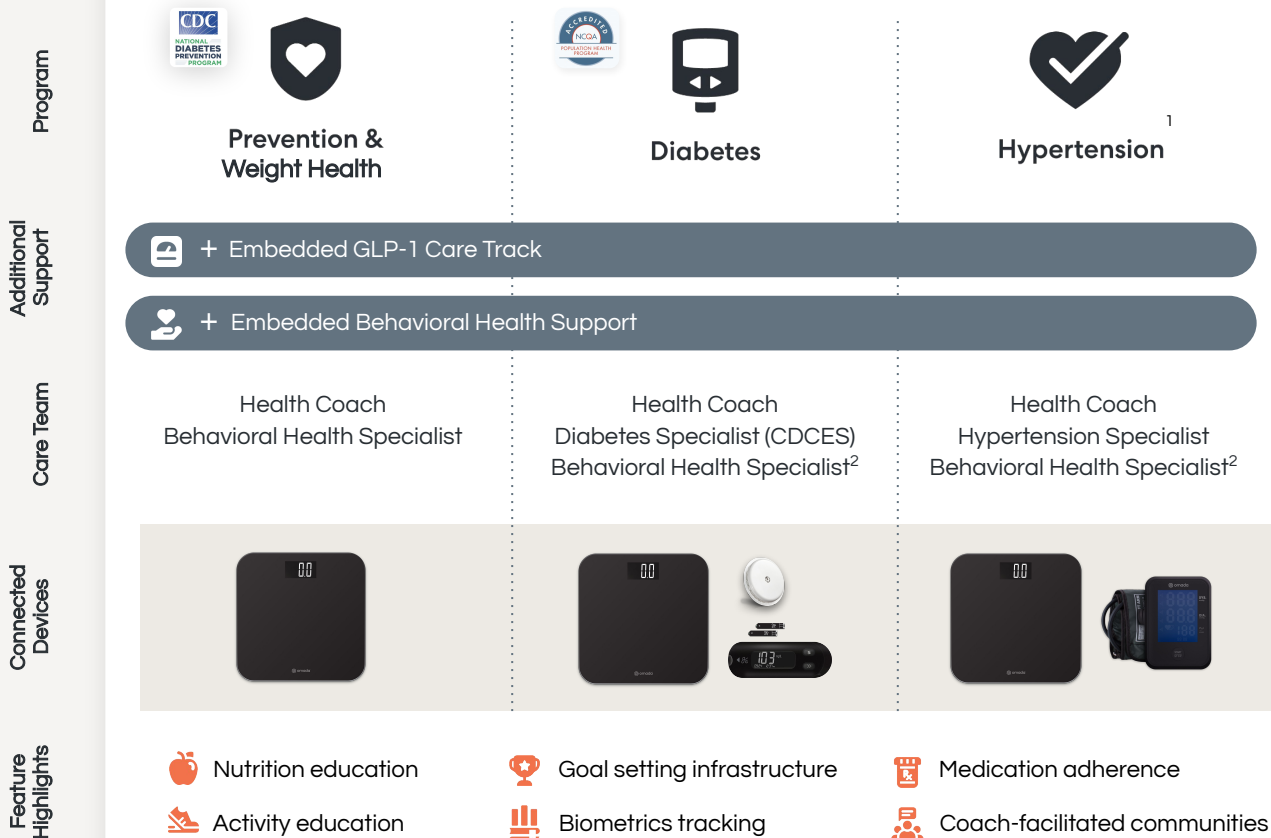
 Phone: **888-409-8687**

Available Monday through Friday from 8 AM to 9 PM EST



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2: Behavioral Health Specialists operate behind the scenes with other members of the care team and do not have a member-facing role



How to Join Your Omada Program



If you are invited to **apply for an Omada solution**, Evernorth generates your unique “access code” for Omada.

Members are invited if they are targeted for Omada programs based on clinical criteria determined by Evernorth.

You will **receive your access code** via email from Omada. You can also find it in your ESI Health Solutions Portal.

ESI Portal:
express-scripts.com/healthsolutions

Access codes are live on the ESI Portal on the benefit effective date. (For newly-eligible members post-launch, access codes will become available on the 5th of the following month.)

To **Apply for Omada**, you will need to enter your access code in the Omada application

Application:
omadahealth.com/maximus

Note the access code is case-sensitive and needs to be entered in all UPPER CASE letters with the dash included.

Welcome to Omada!

If you meet Omada’s clinical eligibility criteria, you will be accepted into the program

You should hear back within 1 day, and your program will launch within 1-2 weeks

→ Learn more and apply today at:

omadahealth.com/maximus

express-scripts.com/healthsolutions

Thank you!