

OMADA® FOR HYPERTENSION

Frequently Asked Questions

What is Omada for Hypertension?

Omada for Hypertension is a virtual program that makes it easier to manage your blood pressure and reach your health goals, whether that's losing weight or reducing stress. With tools that provide real-time feedback and expert support from a personal health coach and clinical specialist, you'll learn simple changes over time—and at your own pace—that will help you feel better and live life with more confidence.

What do the health coach and specialist do?

Your **personal health coach** will be your main point of contact. They'll provide dedicated 1-on-1 support and guidance to help you lower your blood pressure, lose weight, and eat better, while cheering you on every step of the way. Your **clinical specialist** is available for any blood pressure-related questions and will help you understand your numbers and how to keep them under control.

How much does it cost?

If eligible, the program is at no additional cost to you (a \$1,400 value).

Who is eligible for this program?

All at no additional cost to you: If you're living with high blood pressure and are eligible, Murray State University will cover the entire cost of the program. This includes a connected scale and blood pressure monitor delivered right to your door—yours to keep!



Personal Health Coach

Smart Scale

Blood Pressure Monitor

What do I get as a member?

You get a program valued up to \$1,400—at no additional cost to you, if eligible.

- ✓ A personal health coach and a clinical specialist
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

Plus, you get smart devices to monitor your blood pressure and track your progress. You keep them all.

- ✓ Blood pressure monitor
- ✓ Smart scale (if clinically eligible)

See if you're eligible:

express-scripts.com/healthsolutions

Log in to get your exclusive access code and link to apply to Omada.



Why is managing blood pressure important?

Without taking steps to manage it, high blood pressure can increase your risk of stroke and heart attack. Omada will help you find ways to lower your blood pressure outside of just medication (like tips for nutrition, stress, and sleep). By tracking your blood pressure with your connected blood pressure monitor, your care team will help you understand health trends, so you can start making simple changes to control your numbers.

How will Omada help me with stress?

Many factors impact your blood pressure and overall health. If you experience stress or have trouble sleeping, your personal health coach will provide you with coping techniques and exercises and help you make a plan towards feeling better in both mind and body.

What's the time commitment?

You can use the program as long as you need it and as long as it's made available to you by your employer. On average, participation can take 1-2 hours per week.

Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be eligible. Refer to your health benefit documents for details.

I already see my doctor about high blood pressure. Do I still need Omada?

Omada supports your current treatment plan and makes sure you have the care you need between doctor visits. With your health coach and specialist available to answer questions and provide guidance, Omada can function as your day-to-day support. And, by tracking your progress over time, you'll be able to share a report with your doctor.

Will my information be safe?

Omada takes your personal health information seriously. Your participation and progress in the program is confidential and we follow all federal and state privacy regulations as a healthcare provider. To learn more, please read Omada's Privacy Policy and Terms of Use, and Notice of HIPAA Privacy Practices.

What personal information will be shared with my peer group?

Group members can see your profile photo, first name, hometown, and introduction note. Members can also see a summary of your progress, which includes when you were last active, your weigh-in and food tracking streak, weight loss goal progress (don't worry, no numbers!) and any recent posts you've shared.

How do I get started?

Apply

Easily complete the application. (You'll get an email within 48 hours letting you know if you are eligible.)
5-10 min

Set Up Account

Personalize your Omada experience by answering a few questions.
10 min

Receive Welcome Kit

Say hello to your connected smart devices.

+ Meet Your Team

Meet your dedicated health coach and connect with your online peer group.

Get Started

You'll kick off on a Sunday with an introduction from your health coach and your first lesson.

1-2 weeks

Questions?

If you are currently a member, you can email support@omadahealth.com, call (888) 409-8687, or check out our help center articles at support.omadahealth.com

Omada for Hypertension is available at no cost when covered by your employer or health plan.

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