

OMADA® FOR PREVENTION

Frequently Asked Questions

What is Omada for Prevention?

Omada for Prevention is a virtual program that makes it easier to lose weight and improve your health. With tools that provide real-time feedback and expert guidance from a personal health coach, 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 does the personal health coach do?

Your health coach will start by getting to know you and learn about your motivations and challenges in reaching your health goals. Whether you want to lose weight, eat better, or increase your energy, your health coach will help you create a plan that fits your life. They'll provide dedicated 1-on-1 support and guidance to help you improve your health (mind and body) and cope with struggles, while cheering you on every step of the way—and they're always just a click away!

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.

How much does it cost?

If eligible, the program is at no additional cost to you (a \$700 value).

Who is eligible for this program?

All at no additional cost to you: If you are eligible, Murray State University will cover the entire cost of the program.



What do I get as a member?

You get a program valued up to \$700—at no additional cost to you, if eligible.

- ✓ A personal health coach
 - ✓ A personalized care plan
 - ✓ Weekly lessons
 - ✓ Tools for managing stress
 - ✓ Online peer group and communities
- +** Plus, you get a smart scale to track your progress. And it's yours to keep!

See if you're eligible:

express-scripts.com/healthsolutions

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



I've tried many different diets in the past. How is Omada different?

Omada focuses on building healthy habits that last. It's not about counting calories or avoiding foods you "can't eat" or things you "shouldn't do." Instead, through lessons, food tracking, and setting small, simple goals, you'll learn how to build healthier routines around what you love and what works for you—all with the support and guidance of your personal health coach. **Omada members who complete their health goals with the support of a health coach are 2.5X more likely to lose weight.**

How does Omada help me with stress?

If you experience stress, have trouble sleeping, or struggle with motivation, 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.

I already see my doctor about my health. Do I still need Omada?

Omada makes sure you have the care you need between doctor visits. With your health coach available to answer questions and provide guidance, Omada can function as your day-to-day support.

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.

Will my information be safe?

Omada takes your personal health information seriously. Your participation 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.

“ With the Omada program, I felt very supported by having my coach with me week after week, and really understanding, talking with me about what I was going through. **You don't even realize you're making big changes.**

—
Barbara, Omada member

How do I get started?



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.

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express-scripts.com/healthsolutions

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

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

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