

THE PARTICIPANT'S EXPERIENCE

OMADA FOR HYPERTENSION

Omada curates a personalized experience based on a participant's care plan (including medications and complications) and unique health goals. In addition to programming and proactive lifestyle change coaching around diet, activity, stress, sleep, and weight monitoring, Omada for Hypertension provides the following features.



PROFESSIONAL HEALTH COACH



This is the ongoing support I need

Each participant is paired with a compassionate, proactive coach skilled in hypertension management and the interpretation of blood pressure data.



CARDIOVASCULAR RISK CURRICULUM



I finally understand my condition

Weekly engaging lessons focus on knowledge and practical skills that build self-efficacy around hypertension self-management.



HEALTH MAINTENANCE



I'm staying on top of my health

Coaches help participants identify which diagnostic tests they may still need to receive, including screening EKGs, thyroid function tests, and kidney function tests.



MEDICATION SELF-MANAGEMENT



I'm overcoming my barriers

Coaches address a participant's challenges to taking medications (side effects, cost, etc.), and use data to help ensure PCP visits at the right cadence for adjustments.



REMOTE BLOOD PRESSURE MONITORING



I'm able to make sense of my readings

Coaches review each participant's blood pressure values at least weekly and discuss important trends between diet, exercise, medications, and blood pressure values.



CARE NAVIGATION



I'm preventing complications

Coaches work with participants to make sure that they are accessing necessary preventive services to minimize the risks of complications from hypertension.

It only takes a few minutes to get started:

If you or your adult family member (18+) are on a CEPT PPO, EPO or HDHP medical plan and are eligible for any of the Omada programs offered by CEPT, your membership is covered.

[visit omadahealth.com/cebt](https://www.omadahealth.com/cebt) to learn more