

# THE PARTICIPANT'S EXPERIENCE

## OMADA FOR PREVENTION

Omada curates a personalized experience based on a participant's preferences and unique health goals. Building upon the CDC's original DPP curriculum, Omada for Prevention 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 chronic disease prevention and the interpretation of each participant's unique data.



### EVIDENCE-BASED CURRICULUM



I finally understand my risk factors

Weekly engaging lessons focus on knowledge and practical skills around healthy eating, activity, stress, and sleep that build self-efficacy around chronic disease prevention.



### SUPPORTIVE PEER GROUP



I feel inspired by my peers

Each participant is matched with a group of like-minded peers facing similar challenges to motivate and encourage participants to build healthy habits, one step at a time.



### INSIGHTFUL HEALTH GOALS



I feel empowered to make progress

Real-time data and personalized coach feedback empower participants to make meaningful progress each day.



### CELLULAR CONNECTED DEVICE



I can easily see how I'm doing

Participants receive a cellular-connected scale to help participants track progress, and provide personalized feedback to reveal what is and isn't working.



### HEALTHY HABITS THAT STICK



I'm confident that I can keep this going

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



### 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/cept](https://www.omadahealth.com/cept) to learn more

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## OMADA FOR PREVENTION

### STAGE 1 : WEEKS 1-16

## FOUNDATIONS



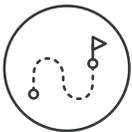
Participants learn the fundamentals of making smarter food choices by tracking meals, completing lessons, and engaging with their group.

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