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.

**THE PARTICIPANT’S EXPERIENCE**

**OMADA FOR PREVENTION**

1. **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.

2. **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.

3. **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.

4. **INSIGHTFUL HEALTH GOALS**
   - I feel empowered to make progress
   - Real-time data and personalized coach feedback empower participants to make meaningful progress each day.

5. **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.

6. **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 CEBT PPO, EPO or HDHP medical plan and are eligible for any of the Omada programs offered by CEBT, your membership is covered.

[Visit OmadaHealth.com/CEBT to learn more](http://omadahealth.com/cebt)
**THE PARTICIPANT’S EXPERIENCE**

**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.

- Participants gain skills that allow them to break barriers to change, better manage stress, and improve sleep habits.

- It only takes a few minutes to get started:
  - Healthy habits, for life.
  - Visit [omadahealth.com/cebt](http://omadahealth.com/cebt) to learn more