
How did one organization help its employees avoid type 2 diabetes?

Introducing a case study of Via Christi Health

In just eight months, Via Christi Health made significant inroads into reducing diabetes risk for its employee population.



32% applied

32% of Via Christi's estimated prediabetic population applied for Prevent



85% completed

85% of Via Christi participants completed Prevent, per CDC completion guidelines



5.1% weight loss

5.1% average weight loss of those who have graduated to date



\$2,351 savings

\$2,351 projected medical cost savings¹ per participant over 5 years

Diabetes prevention at work.



Like so many employers in the US, Via Christi Health is facing a potential diabetes crisis among its employee population.

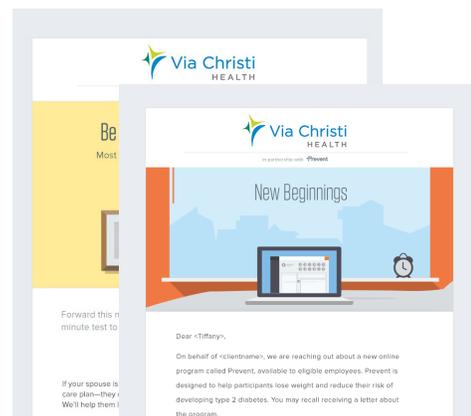
The largest provider of health care services in Kansas, Via Christi has almost 10,000 employees working in its medical offices, hospitals and senior facilities—one third of whom are confirmed as or suspected of having prediabetes.

Taking no action, Via Christi could anticipate that one third of those with prediabetes—approximately 900 employees—would develop type 2 diabetes in the next three years—costing the organization approximately \$6M in additional health care spend per year.

SOLUTION

Over an 8-month period, Omada Health partnered with Via Christi to identify, engage and enroll Via Christi employees with prediabetes into the 16-week Prevent® program, and measure results of the first graduates.

Omada used data from Via Christi's third party health screener to identify those with confirmed and suspected prediabetes to target outreach to them. Sending a series of emails on behalf of Via Christi, Omada introduced Prevent to the Via Christi population and enrolled more than 500 employees in the program.



THE PREVENT PROGRAM

Omada's Prevent program, modeled after the CDC's Diabetes Prevention Program (DPP), helps participants lose weight and make modest lifestyle changes that can significantly lower their risk of developing type 2 diabetes.

The 16-week program includes:

- A proven curriculum
- 24/7 access to a dedicated health coach
- Tracking tools like a wireless scale and a pedometer
- Support of a small group of peers

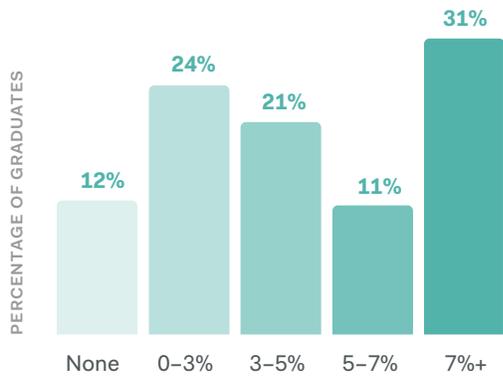
Pricing for Prevent is performance based, so customers only pay for participants that engage and lose weight.





RESULTS

Via Christi participants' high engagement in the program has led to impressive weight loss results.



For comparison, the average employee loses less than 1% in a typical employer-sponsored weight loss program.²



DIABETES RISK REDUCTION

The DPP clinical trial, sponsored by the NIH and the CDC, proved that a person with prediabetes who loses a modest amount of weight can significantly decrease their risk of developing diabetes.

WEIGHT LOSS RANGE	DPP DIABETES RISK REDUCTION ³
0%	↓ 0%
0 to 3%	↓ 35%
3 to 5%	↓ 38%
5 to 7%	↓ 54%
7 to 10%	↓ 64%
Greater than 10%	↓ 85%

Just over 9 weeks in and he has lost 9% of his starting weight. He has implemented so many positive behaviors including taking back control of his food and activity choices. He told me, "I feel so much better every day, it is wonderful."

Becky, Health Coach
Commenting on a Via Christi graduate

WORKING WITH OMADA HEALTH

We work with risk-bearing entities including employers, providers, and health plans to help prevent the enormous cost burden of chronic disease. Every deployment is tailored to our customers' needs to achieve optimal enrollment, clinical outcomes, and financial impact.

WHAT WE OFFER



Customized marketing campaigns to captivate and encourage enrollment



Dedicated account manager for one point-of-contact



Phone-based support team for participant enrollment



Regular, real-time reports to keep you updated on progress

ABOUT OMADA HEALTH



Omada Health, a pioneer in the field of digital therapeutics, uses design and technology to promote health and has quickly become a leader in technology-driven preventive medicine. Omada is passionate about creating groundbreaking programs that merge best-in-class design with rigorous medical science to build experiences that are intuitive, enjoyable and achievable.

LET'S CHAT

Contact our sales team to arrange a demo and experience Prevent first hand.

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1 Omada Health internal five-year health economics model, July 2014.

2 Rand Corporation, Workplace Wellness Programs Study: Final Report, 2013, http://www.rand.org/pubs/research_reports/RR254.html#download.

3 Maruther, Nisa M., et. al. "Early Response to Preventive Strategies in the Diabetes Prevention Program." Journal of General Internal Medicine (2013): 1629-638.