



Omada is Projected to Significantly Reduce Diabetes Incidence

A PEER-REVIEWED STUDY

PUBLICATION

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Preventing Chronic Disease

STUDY PARTNER

IHS, Inc.

CITATION

Su W, Chen F, Dall T, Iacobucci W, Perreault L. Return on Investment for Digital Behavioral Counseling in Patients with Prediabetes and Cardiovascular Disease. *Prev Chronic Dis.* 2016 Jan; 13: e13. Published online 2016 Jan 28. doi:10.5888/pcd13.150357

VIEW STUDY

<http://dx.doi.org/10.5888/pcd13.150357>



“Results suggest that program participation reduces diabetes incidence by 30% to 33% and stroke by 11% to 16% over five years.”

STUDY SUMMARY

Omada examined the health and economic impact of its digital behavioral counseling program. This study looked at two specific at-risk populations: one group with prediabetes and another with other cardiovascular disease risk factors. From a health perspective, participation in the program is expected to reduce diabetes incidence by 30% to 33% and stroke by 11% to 16% over five years. From an economic perspective, the program pays for itself within three years, and organizations can save as much as \$9,217 over a 10-year period.

KEY DEMOGRAPHICS

49.8
average age in prediabetes cohort

31/69
male/female split in prediabetes cohort

49.0
average age in cardiovascular disease risk cohort

24/74
male/female split in cardiovascular disease risk cohort

KEY OUTCOMES

28%
simulated reduction in diabetes onset over 3 years

30%
simulated reduction in diabetes onset over 5 years

26%
simulated reduction in diabetes onset over 10 years

16%
simulated reduction in incidence of stroke over 5 years

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION

The benefits of cutting costs and achieving ROI in under three years are obvious. But the added benefits of a healthier population are increased productivity and higher employee satisfaction and retention.