Users of the [Omada] program experienced significant reductions in body weight and A1c that are maintained after two years."
STUDY SUMMARY

Omada examined the long-term health outcomes of its digital behavior counseling program for participants at 2-years. This study analyzed body weight and A1c—both risk factors for the development of diabetes. Omada enrolled participants with prediabetes and provided them with a cellular scale, as well as A1c test kits at 0, .5, 1 and 2 years. Participants achieved significant results in weight loss and A1c level reduction that persisted after two years.

KEY DEMOGRAPHICS

43.6 average age

38/62 male/female split

50.2% /29.3%/0.7% caucasian / african-american / hispanic split

KEY OUTCOMES

4.9% average 1-year weight loss

4.3% average 2-year weight loss

.4% average 1-year A1c reduction

.46% average 2-year A1c reduction

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION:

Lasting outcomes mean your employees can be more productive, call in sick less, appreciate you more, cost you less, and stay with your company longer.