



Long-term Clinical Success with Omada

A PEER-REVIEWED STUDY

PUBLICATION

October 2015
*Journal of Medical
Internet Research*

STUDY PARTNER

USC, UC Irvine

CITATION

Sepah SC, Jiang L, Peters AL. Long-Term Outcomes of a Web-Based Diabetes Prevention Program: 2-Year Results of a Single-Arm Longitudinal Study. *J Med Internet Res* 2015;17(4):e92 URL: <https://www.jmir.org/2015/4/e92> DOI: 10.2196/jmir.4052 PMID: 25863515 PMCID: 4409647

VIEW STUDY

<http://doi.org/10.2196/jmir.4052>

“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.