Omada Health’s Success with Seniors

A PEER-REVIEWED STUDY

“At-risk seniors achieve significant weight loss, reduce risk for diabetes and cardiovascular disease, and achieve meaningful medical cost savings.”
Based on data from more than 1,100 participants over the age of 65, Omada Health’s fifth peer-reviewed study demonstrates the success of the company’s flagship program with a senior population. Participants with an average age of 69 enrolled in Omada’s digital, remotely-delivered intensive behavioral counseling program. Omada participants remained engaged, with 9 in 10 individuals completing a minimum of 9 lessons. The seniors, on average, achieved clinically-meaningful weight loss, which is expected to significantly reduce their risk of type 2 diabetes and other chronic conditions related to obesity. These reductions in chronic disease risk projected to an average estimated three-year savings of $1,720-1,770 per participant. Medical savings exceeded intervention costs within 2 years.

**KEY DEMOGRAPHICS**

- **1,121** study participants
- **69.0** average age
- **32.5 kg/m²** average starting BMI
- **36/64** male/female split

**KEY OUTCOMES**

- **89.5%** participants who completed at least 9 lessons
- **7.3%** average 6-month weight loss for those who completed the program
- **$1,770** estimated savings over 3 years

**WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR HEALTH PLAN**

*The benefits of cutting costs and achieving ROI in under two years are obvious. But the added benefits of a healthier senior population are higher member satisfaction and retention.*