



# Omada Health's Success with Seniors

A PEER-REVIEWED STUDY

## PUBLICATION

October 2016  
PLOS One

## STUDY PARTNER

IHS, Inc.

## CITATION

Chen F, Su W, Becker SH, Payne M, Castro Sweet CM, Peters AL, et al. (2016) Clinical and Economic Impact of a Digital, Remotely-Delivered Intensive Behavioral Counseling Program on Medicare Beneficiaries at Risk for Diabetes and Cardiovascular Disease. PLoS ONE 11(10): e0163627. doi:10.1371/journal.pone.0163627

## VIEW STUDY

<https://doi.org/10.1371/journal.pone.0163627>

*“At-risk seniors achieve significant weight loss, reduce risk for diabetes and cardiovascular disease, and achieve meaningful medical cost savings.”*

---

## STUDY SUMMARY

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/M<sup>2</sup>  
*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.*