



Success with Medicare Advantage

A PEER-REVIEWED STUDY

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STUDY PARTNER

Humana, Inc.

CITATION

Castro Sweet CM, Chiguluri V, Gumpina R, Abbott P, Madero EN, Payne M, et al. Outcomes of a Digital Health Program With Human Coaching for Diabetes Risk Reduction in a Medicare Population. *Journal of Aging and Health* [Internet] 2017 Jan 1 [Cited 2017 Apr 5]: [19p] doi:10.1177/0898264316688791.

VIEW STUDY

<http://dx.doi.org/10.1177%2F0898264316688791>

“Older adults across 37 states demonstrated strong engagement in the program, achieved 7.5% weight loss after one year, and improved clinical and psychosocial outcomes related to diabetes and cardiovascular disease.”

STUDY SUMMARY

More than 500 Humana Medicare Advantage beneficiaries at elevated risk of diabetes enrolled in Omada Health's digital Diabetes Prevention Program. Omada placed them into small peer groups and provided them with a cellular scale, proprietary curriculum and a professional health coach. Outcomes examined at 16 weeks, 6 months, and 12 months showed significant and sustained weight loss, improved blood glucose control and decreased cholesterol among participants with clinical data. In addition to significantly reducing their risk for type 2 diabetes, participants also reported improvements in self-care, diet, exercise, and depression and isolation scores.

KEY DEMOGRAPHICS

68.8
average age

36/64
male/female split

KEY OUTCOMES

8.0%
average 6-month weight loss

7.5%
average 12-month weight loss

19
weekly points of engagement

2 DAYS/WEEK
*of additional healthy eating
and physical activity*

92%
program completion

↑
Better quality of life

↓
Lower depression

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR HEALTH PLAN

A healthier, happier senior population can mean fewer prescriptions and inpatient admissions to cover and higher member satisfaction and retention.