

PUBLICATION

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OMADA HEALTH'S SUCCESS WITH MEDICARE ADVANTAGE

A PEER REVIEWED STUDY

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. 0(0):0898264316688791. doi:10.1177/0898264316688791.

Omada examined outcome results for more than 500 Humana Medicare Advantage beneficiaries enrolled in the company's digital DPP. Seniors at elevated risk of diabetes enrolled, were placed into small peer groups, and given access to a cellular scale, proprietary curriculum, and personal health coach. Outcomes were examined at 16 weeks, 6 months, and 12 months. Among participants with clinical data, blood glucose control improved, and total cholesterol decreased. 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 FIGURES

68.8

Average age

92%

Program completion

8.0%

Average 6-month WL

7.5%

Average 12-month WL

19

Weekly points of engagement

36/64

Male/Female split

2

Additional days per week of physical activity

2

Additional days per week of healthy eating



Decreased average blood sugar



Decrease in cholesterol



Better self-care



Lower depression