



Long-term Clinical Success with Omada

A PEER-REVIEWED STUDY

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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

For program completers:

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 HEALTH PLAN

Lasting outcomes mean your members may take fewer prescriptions, may be hospitalized less often, appreciate you more, and cost you less.