

DIABETES PREVENTION. DIGITAL CONVENIENCE.



A proven valuable combination.

In today's fast-paced world, digital convenience isn't just desired, it's expected. And health improvement opportunities are no exception. That's why Cigna partnered with Omada Health to conduct a pilot that would test and measure the effectiveness of Omada's digital behavior change program in getting employees engaged to reduce their risk of diabetes. The results speak for themselves.

Pilot participants

4

Cigna National
Account Clients



3,694

Total Employee
Participants

Program summary

The pilot program provided participants with:

- › Personalized virtual support from professional health coaches
- › Digital-enabled scale
- › Social support groups
- › Interactive online training lessons on:



Healthy
eating



Physical
activity



Sleep



Stress

Outcomes

› \$424

LOWER TOTAL
MEDICAL COSTS

per-participant, over and above the
claims cost of the 2-year program*



› 3.5%

AVERAGE
WEIGHT LOSS

per participant, sustained beyond a year*



Even better together

The early indication of clinical success of the Omada pilot is what led Cigna to partner with Omada to develop our even more robust, integrated program: The Cigna Diabetes Prevention Program in collaboration with Omada.

**To learn more, contact your
Cigna representative.**

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates.

* Initial Test Results - Cigna claims study June 2017 with four clients. All results are not statistically significant. The pilot was a limited solution and did not have robust marketing and client and customer features as the current Cigna solution. Individual results may vary.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna representative.

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