

Lower Your Risk for Diabetes

1 in 3 adults has prediabetes—yet 81% don't know it.¹

Prediabetes is a serious condition in which blood sugar levels are higher than normal, increasing the risk of developing type 2 diabetes, heart disease, and stroke.

With Omada®, you may have access to a program that provides proven, one-on-one support to help you take control and prevent type 2 diabetes.

Factors Increasing Your Risk for Prediabetes and Type 2 Diabetes:²

- ✔ **You are 45 years old or older.**
The older you are, the greater your risk.
- ✔ **Type 2 diabetes runs in your family.**
Having a parent or sibling with Type 2 diabetes increases your risk.
- ✔ **You are overweight.**
Being overweight and physically active less than 3 times a week are common risk factors



You may have access to Omada at \$0 cost to you, if eligible.

Omada members get:

- A dedicated care team with a personal health coach.
- A personalized care plan tailored to your lifestyle.
- Smart devices and app to help monitor your progress 24/7.

¹Prediabetes Awareness Campaign.™ Centers for Disease Control and Prevention, U.S. Department of Health & Human Services, <https://www.cdc.gov/diabetes/awareness-campaigns/prediabetes-awareness-campaign.html>.

²American Diabetes Association Type 2 Diabetes Risk Test. diabetes.org/diabetes/risk-test. Individuals portrayed are real Omada members. App images are illustrative and do not reflect real member data.



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