

OMADA® FOR WEIGHT MANAGEMENT

# Frequently Asked Questions

## What is Omada for Weight Management?

Omada for Weight Management is a virtual program that makes it easier to lose weight and improve your health. With tools that provide real-time feedback and expert guidance from a personal health coach, you'll learn simple changes over time-and at your own pace- that will help you feel better and live a healthier life.

## What does the personal health coach do?

Your on-demand health coach is there to assist you with questions and provide support as you progress through your journey. Whether you want to lose weight, eat better, or increase your energy, your health coach can help you create a plan that fits your life. They are there if you need 1-on-1 support and guidance to help you improve your health (mind and body) and to cope with struggles. Best of all, they're always just a click away!

## What's the time commitment?

You can use the program as long as you need it and as long as it's made available to you by your employer. On average, members participate 1-2 hours per week.

## How much does it cost?

If eligible, the program is at no cost to you.

## Who is eligible for this program?

PEBB members who are covered by Kaiser Permanente may be eligible for the Omada program at \$0 member cost. Omada is available to members who are at risk for type 2 diabetes or heart disease and/or have a BMI over 25. Members must also be ages 18 years and older to participate.



## What do I get as a member?

**You get your Omada program at no cost to you**

- ✓ A personal health coach
  - ✓ A personalized care plan
  - ✓ Weekly lessons
  - ✓ Tools for managing stress
  - ✓ Online peer group and communities
- + Plus, you get a smart scale to track your progress. And it's yours to keep!**

**Get Started Today**

Scan the code using your mobile device or visit the website below.



[omadahealth.com/pebb](https://omadahealth.com/pebb)

## I've tried many different diets in the past. How is Omada different?

Omada focuses on building healthy habits that *last*. It's not about counting calories or avoiding foods you "can't eat" or things you "shouldn't do." Instead, through lessons, food tracking, and setting small, simple goals, you'll learn how to build healthier routines around what you love and what works for you—all with the support and guidance of your personal health coach.

## How does Omada help me with stress?

If you experience stress, have trouble sleeping, or struggle with motivation, your personal health coach will provide you with coping techniques and exercises and help you make a plan towards feeling better, in both mind and body.

## I already see my doctor about my health. Do I still need Omada?

Omada makes sure you have the care you need between doctor visits. In fact, Omada can be your day-to-day support. By monitoring your progress over time, you'll be able to share your progress with your doctor.

## Can family members join this program?

Your family members may be eligible for the Omada program at no additional cost if they are PEBB members covered by Kaiser Permanente, and they meet clinical requirements.

## Will my information be safe?

Omada takes your personal health information seriously. Your participation in the program is confidential and we follow all federal and state privacy regulations as a healthcare provider. To learn more, please read Omada's Privacy Policy and Terms of Use, and Notice of HIPAA Privacy Practices.

## What personal information will be shared with my peer group?

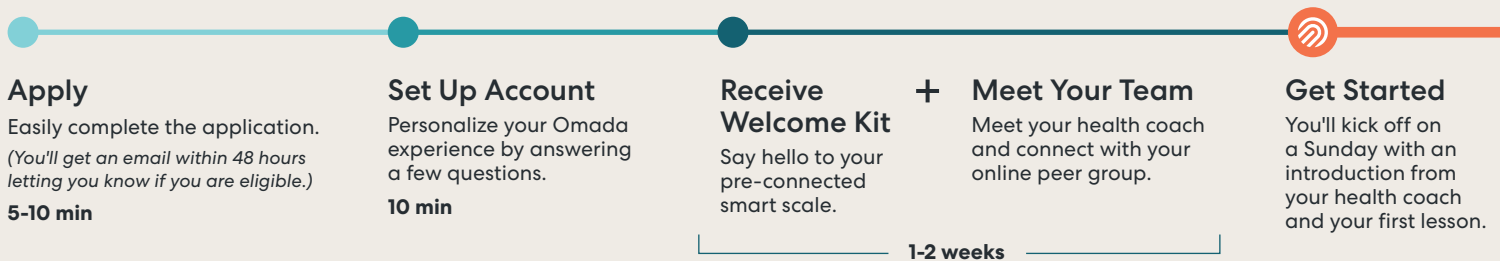
Group members can see your profile photo, first name, hometown, and introduction note. Members can also see a summary of your progress, which includes when you were last active, your weigh-in and food tracking streak, weight loss goal progress (don't worry, no numbers!) and any recent posts you've shared.



With the Omada program, I felt very supported by having my coach with me week after week, and really understanding, talking with me about what I was going through. **You don't even realize you're making big changes.**

—  
Barbara, Omada member

## How do I get started?



### Questions?

If you are currently an Omada member, you can email [support@omadahealth.com](mailto:support@omadahealth.com), call (888) 409-8687, or check out our help center articles at [support.omadahealth.com](http://support.omadahealth.com).

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