

OMADA® FOR DIABETES

Frequently Asked Questions

What is Omada for Diabetes®?

Omada for Diabetes is a virtual program that makes it easier to manage your diabetes, improve your health and live life with more confidence and less stress—all with the help of a personal health coach, certified diabetes specialist and tools for real-time feedback.

What do the personal health coach and specialist do?

Your health coach is your main point of contact, providing 1-on-1 support to help you improve your health (mind and body) and cope with struggles, while cheering you on along the way. Your certified diabetes care and education specialist (CDCES) is available for any diabetes-related questions and will help you understand your glucose levels and how to keep it under control.

What's the time commitment?

You can use the program as long as you need it and as long as it's offered by your employer. On average, participation may take 1-2 hours per week.

Who is eligible for this program?

If you or your adult family members are living with diabetes and are enrolled in the Regence BlueCross BlueShield of Oregon health plan, SDIS will cover the Omada program. This may include a connected glucose meter with as many test strips as you need, and a digital scale—all yours to keep! Other eligibility requirements may apply.



What do I get as a member?

- ✓ A personal health coach and a certified diabetes specialist
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

Plus, you get smart devices[§] to monitor your blood glucose and track your progress. You keep them all.

- ✓ 2 continuous glucose monitor sensors*,†
- ✓ Blood glucose meter with all the test strips and lancets you need
- ✓ Smart scale (if clinically eligible)

Get Started Today

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

omadahealth.com/sdis



What is the continuous glucose monitor (CGM)?

Omada offers a CGM[§] that is a small sensor that you place on the back of your upper arm and can scan with your smartphone. With a one-second scan, you can easily monitor your glucose 24/7 without the annoying fingersticks.[‡] We make it easy to get a prescription, and you'll get two CGMs.[†] You'll get the first CGM after you enroll to wear for 14 days. Six months later, you'll get the second CGM to wear another 14 days.



Do I really get all the test strips that I need with the blood glucose meter?

Yes, you get all the test strips and lancets you need and refills are automatically sent to you.

What if I'm in the Livongo program?

Omada is replacing Livongo as a diabetes management program. Apply to Omada starting July 1 at omadahealth.com/sdis to get the support you may be used to, plus a dedicated care team and continuous glucose monitor.

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

Omada supports your current treatment plan. Your health coach and specialist are here for you between doctor visits to answer questions and give you guidance to help you manage your diabetes.

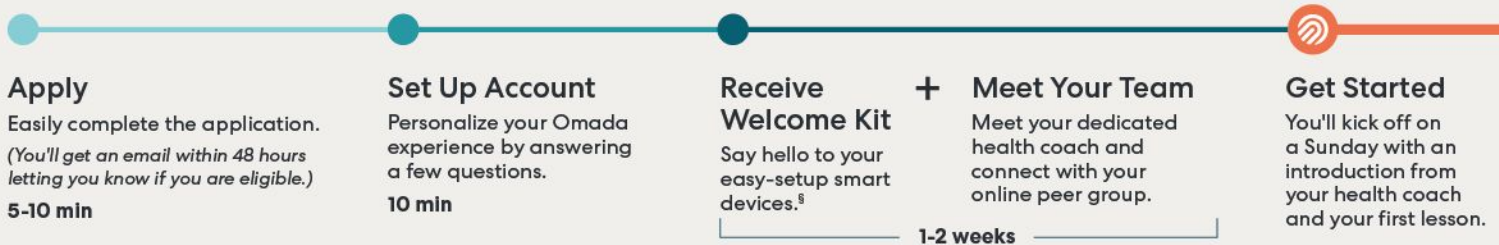
Will my information be safe?

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 health care provider. To learn more, please read Omada's Privacy Policy, 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

How do I get started?



Questions?

If you are currently a member, you can email support@omadahealth.com, call (888) 409-8687, or check out our help center articles at support.omadahealth.com.

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Omada for Diabetes is available at no cost when covered by your employer or health plan.

* Certain connected devices provided as part of an Omada program are only available to members who meet certain program and clinical eligibility. CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.

† The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury [VA1]. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

‡ Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol, when symptoms do not match system readings, when you suspect readings may be inaccurate, or when you experience symptoms that may be due to high or low blood glucose.

§ Included for eligible participants.

Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Omada is a separate company that provides care and disease management services.