

## PROGRAM SUMMARY

### WHAT IS OMADA?

Omada® is a 16-week online program that guides participants through modest lifestyle changes that help them lose weight and reduce the risk of developing obesity related chronic diseases like type 2 diabetes and heart disease.

### WHY FOCUS ON OMADA?

- Three out of four Americans will die prematurely, from a condition that is most related to lifestyle, to habit, or to circumstance.
- Most people can decrease their risk by losing 5–7% of their weight.

### WHAT FEATURES AND TOOLS ARE INCLUDED IN OMADA?

- A [personal health coach](#) for 1-on-1 guidance.
- [Weekly online lessons](#) to educate and inspire.
- A [wireless scale and pedometer](#) to track success.
- A [small, private group](#) of participants for support.

### HOW DO MEMBERS APPLY?

Eligible employees can visit [www.mymontebenefits.com/to-your-health](http://www.mymontebenefits.com/to-your-health) for more information. If an employee is eligible and at risk of certain chronic disease, Montefiore will cover the entire cost of the program. Those who are eligible will receive an email invitation to enroll Omada.

[www.mymontebenefits.com/to-your-health](http://www.mymontebenefits.com/to-your-health)

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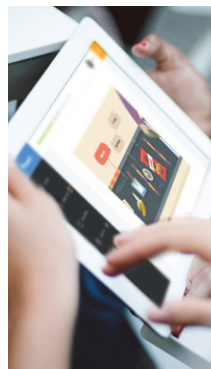
Omada® is a 16-week program that helps people build lasting healthy habits, with the help of smart technology, a full-time health coach, weekly lessons and more.

**Learn more at [www.mymontebenefits.com/to-your-health](http://www.mymontebenefits.com/to-your-health)**



### Full-Time Health Coach

Every participant is supported by a full-time health coach who monitors progress and gives daily, around-the-clock feedback.



### Interactive Curriculum

Participants are guided through online lessons that tackle physical, social, and psychological components of their condition.



### Smart Technology Included

We deliver smart technology directly to their doorstep, already synced to their private account—no setup required.



### Lasting Habits

After 16 weeks, participants continue to receive continued support to ensure the habits stick.



### Online Support Group

Participants are matched with a like-minded online peer group for added encouragement and accountability.



### Games That Reinforce Learning

Interactive games reinforce learning and help participants make connections to real-world scenarios.