OPTIMA HEALTH AND OMADA

A Whole New Way to Get Healthy

Imagine all you could do if you were healthier and more energized.

Omada is a digital, lifestyle-change program focused on reducing the risk of obesity-related chronic disease.

The program combines the latest technology with ongoing support so you can make the changes that matter most—whether around **eating**, **activity**, **sleep**, or **stress**.

You'll get your own:

- **Interactive program** that adapts to you
- **Wireless smart scale** to monitor your progress
- **Weekly online lessons** to empower you
- **Professional health coach** to keep you on track
- **Small online peer group** for real-time support

All this at no additional cost to you!

If you are covered by an Optima Health plan and at risk for type 2 diabetes or heart disease, there is no cost for you to join. Participants will be accepted on a first-come, first-served basis.

Claim your spot today at omadahealth.com/cityofchesapeake

Find out if you're eligible: omadahealth.com/cityofchesapeake

OptimaHealth
A Service of Sentara

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc.

OMADA PROGRAM: FREQUENTLY ASKED QUESTIONS

1. **What is Omada?** Omada is an innovative program designed to help individuals reduce behavioral risk factors for developing type 2 diabetes. The program is based on clinically-proven science and focuses on guiding participants toward reaching modest weight loss and activity goals through nutrition and behavioral changes. Omada brings together the individualized attention of professional health coaches with a researched curriculum, and manageable but powerful goals.

2. **Who is eligible for Omada?** Omada is available to Optima Health members at risk for type 2 diabetes or heart disease. Risk factors include high LDL/low HDL, high triglycerides, hypertension, obesity, or a prediabetes diagnosis. Program acceptance is based on clinical criteria and the eligible member's readiness for change—assessed during the risk screener at omadahealth.com/cityofchesapeake

3. **How can I join Omada?** Join Omada in three easy steps. (1) Visit omadahealth.com/cityofchesapeake and select "Am I Eligible?" to complete a brief, 1-minute risk screener. (2) If at risk, you can submit an application immediately after the risk screener. (3) Once your application is accepted, you'll create a password and answer some health questions to set up your Omada account. The Omada team will match you into a peer group, pair you with a health coach, and ship you a special Welcome Kit before your group kicks off!

4. **What will I do on the first day of the program?** The first official day of Omada is the Sunday when your group kicks off. The full Omada website will become available to you on this day. You can begin your daily and weekly program tasks, including weighing in, tracking food, and completing lessons. On your Home page, you will see information about your group members and your health coach. On your Progress page, you will confirm your first weight readings, see your weight chart, and add a motivational phrase and/or photo if desired.

5. **How do I communicate with my health coach?** Health coaches are available via the in-app group board and private messaging. Your health coach is present to guide and support you throughout the program, so how you communicate depends on your own needs and preferences.

6. **What will group interaction be like?** You will be matched with a group of approximately 24 people who are experiencing the Omada journey together.* Your group mainly interacts through a simple conversation board. You can post new topics, like your thoughts, a question, or an update about yourself, or you can reply to another group member with a comment. Your health coach uses the conversation board, too.

   *Omada evaluates requests for reassignments of coaches/peer groups on a case-by-case basis during the first 16 weeks of a participant's program only. Please contact customerservice@omadahealth.com for more information.

7. **What will I eat?** The Omada program does not prescribe a meal plan or tell you what you can and cannot eat. We do not encourage a crash-diet mindset. You will not be asked to count calories during the program. Awareness of what you eat is more important to long-term health. Omada will work with you through lessons, food tracking, and the guidance of your health coach to learn how to make the healthiest possible choices for yourself independently and sustainably.

8. **What are the lessons like?** Each week, a new lesson unlocks in one of four phases: Changing Food Habits, Increasing Activity Levels, Preparing for Challenges, and Reinforcing Healthy Choices. The lessons focus on whole life changes, including stress management, time management, and problem-solving skills. Complete lessons by reading the content for the week, and answering reflection questions.