

HealthFlex Summit—October 2021



Wespath

BENEFITS | INVESTMENTS

Omada Program Results: Does it make a difference?

Well-Being Program Goals

Participant satisfaction and feeling supported

Improving health risks and outcomes

Reducing costs



Why Did We Partner With Omada?



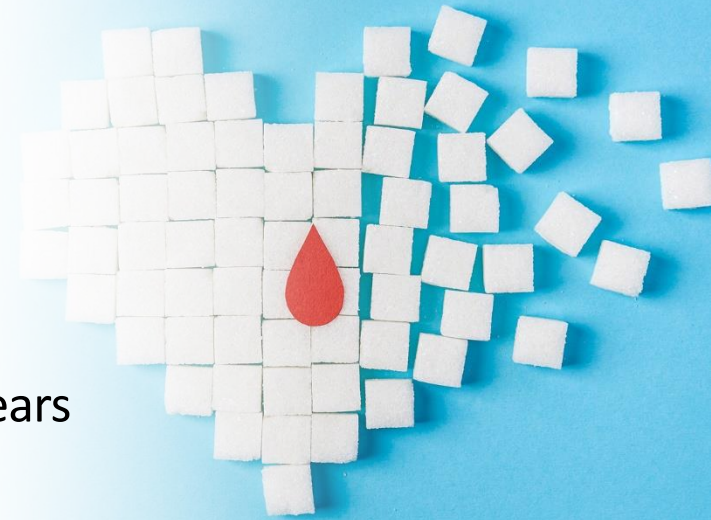
- Diabetes one of the most expensive conditions for HealthFlex
- Affects more than 10% of population
 - 90+% is Type 2 diabetes (“adult onset”)
 - Less than 10% is Type 1 (childhood/young adult)
- **Type 2 is PREVENTABLE!** (in most cases)
- Or at least minimize progression and complications



Omada Approach



- Uses model of successful Diabetes Prevention Program endorsed by CDC
 - Approved curriculum
 - Wireless connected scale
 - Professional coach
 - Small-group support
 - Intensive 16-week program, then up to two years total of ongoing support and education



Focus on four key areas



Healthy Eating



Physical Activity



Quality Sleep



Stress Management

Omada Prevention and Type 2 Programs

- Launched April (Q2) of 2019
- Omada Prevention program qualifications
 - Prediabetes
 - Heart disease risk factors
 - No diagnosis of diabetes
- “Legacy” Type 2 program qualifications
 - Type 2 diabetes diagnosis
 - Not on insulin
 - Ended Dec 2020, Omada now offering more robust program

Participant Satisfaction



Responses to United Methodist Clergy Facebook Post

For those using Wespath for Health Insurance does anyone have experience with Omada? Positives or negatives?

I appreciate it. It has helped me rethink my habits.

It was good for me.

It was absolutely great for me. I lost and maintained weight.

A positive experience for me.

89% rated the program 5 or higher on a 7-point scale (402 respondents)

Omada Testimonial

“ In April 2020, I joined Omada in hopes to lose weight and reduce the risk of heart disease. This program has really changed my life. I have a health coach via messaging, a group to encourage me as well as weekly lessons. I have successfully lost 65 pounds and feel great! I am so grateful for this program that has encouraged me to make better choices: food, exercise, attitude and relationships. I thank God that I had this opportunity. ”

Omada Testimonial

“ The Omada Health Program has truly been a life-saver—literally. As a pre-diabetic, I was headed toward insulin if I did not get a handle on taking my diagnosis seriously. Through coaching, the tracker and electronic scale I was able to reduce my A1C from 7.6 to 5.0! I am now medication free and 24 pounds lighter! ”

Outcomes and Engagement



1,170

Total Enrollments

8,990

Total Pounds Lost

70%

Complete 9+ Lessons
(10% higher than Omada
Book of Business)

31

**Average Interactions
per Member/Week**
Engagement

Risk Reduction

- 1 year into program 29% of participants had **lost 5% or more of body weight**
- Matches Omada Book of Business even though average age of HealthFlex ppts is 10 years higher than other Omada clients
- Loss of 5% body weight translates to a 54% reduction in risk of developing diabetes in the next 3 years¹

Cost Analysis

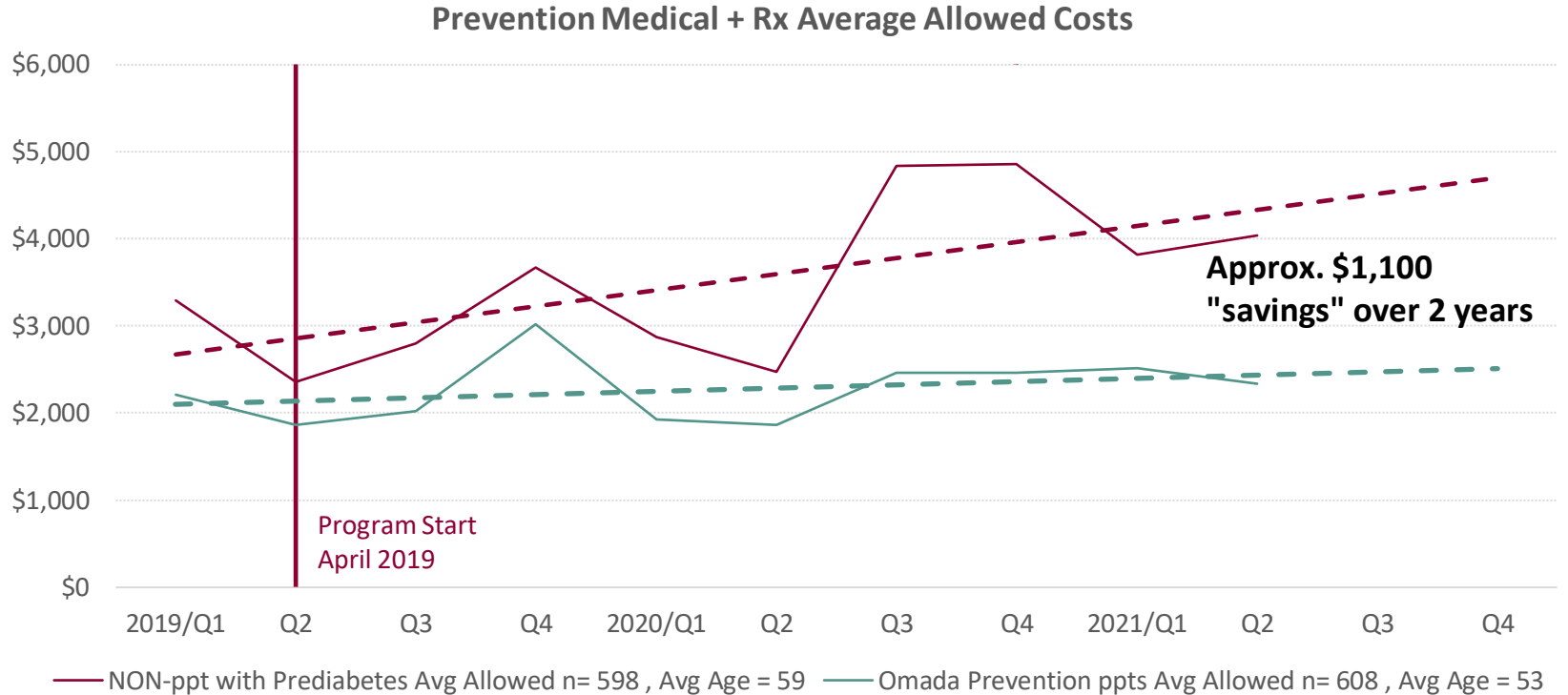
- “This sounds great, but what about costs?”
- Vendor claims cost-effectiveness, but data may be biased and is based on predictions from other populations
- New health data warehouse went live Spring 2021—much easier to get the information **we need to do our OWN analysis on our OWN population!**

Data Analysis

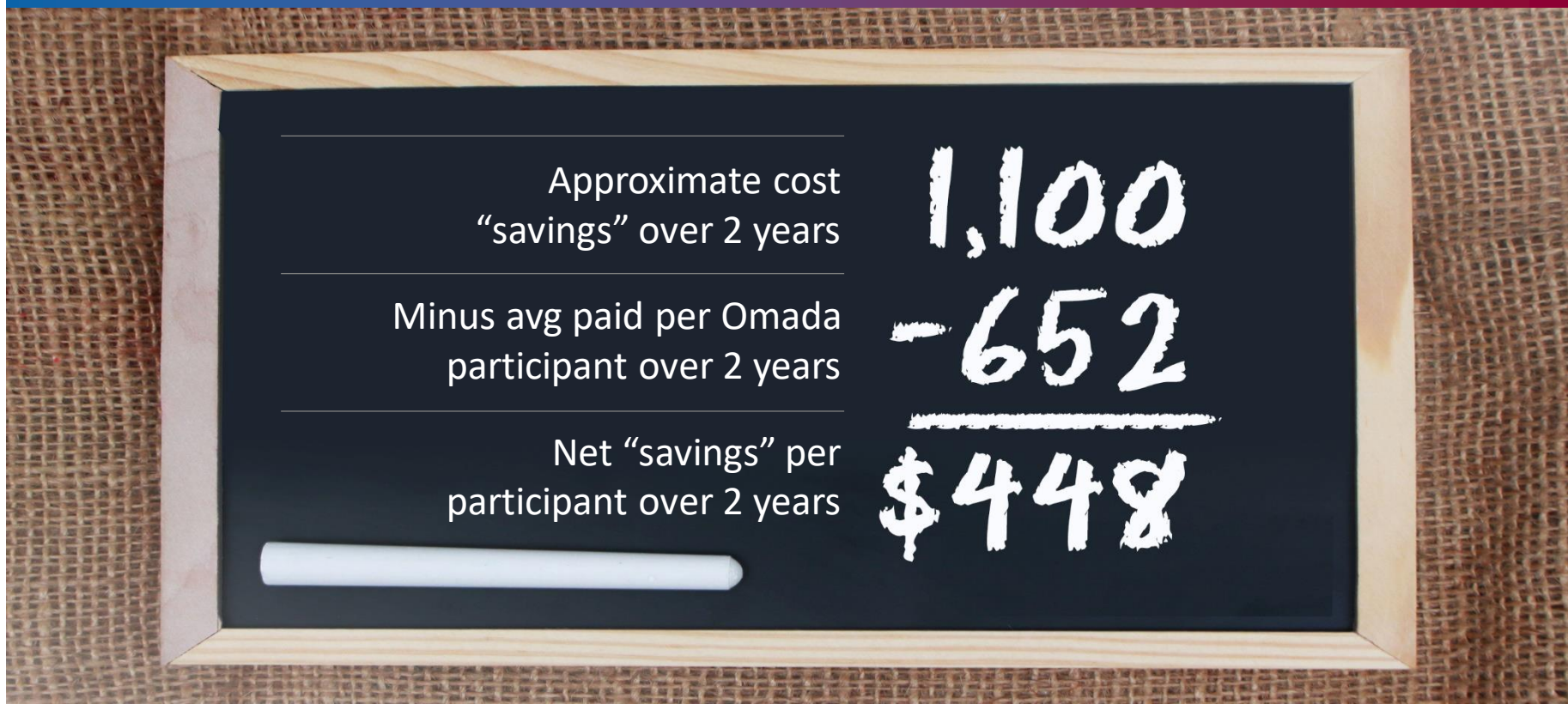
- Omada participants compared to similar non-participants over 2-year time period²
 - Omada Prevention group compared to non-participants with Prediabetes (HbA1c 5.7-6.4 from Jan 2018–Mar 2019)
 - Omada Legacy Type 2 compared to non-participants with Diabetes
 - COVID and Hemophilia cases excluded from all groups



Omada Prevention Ppts vs Non-Ppts with Prediabetes³

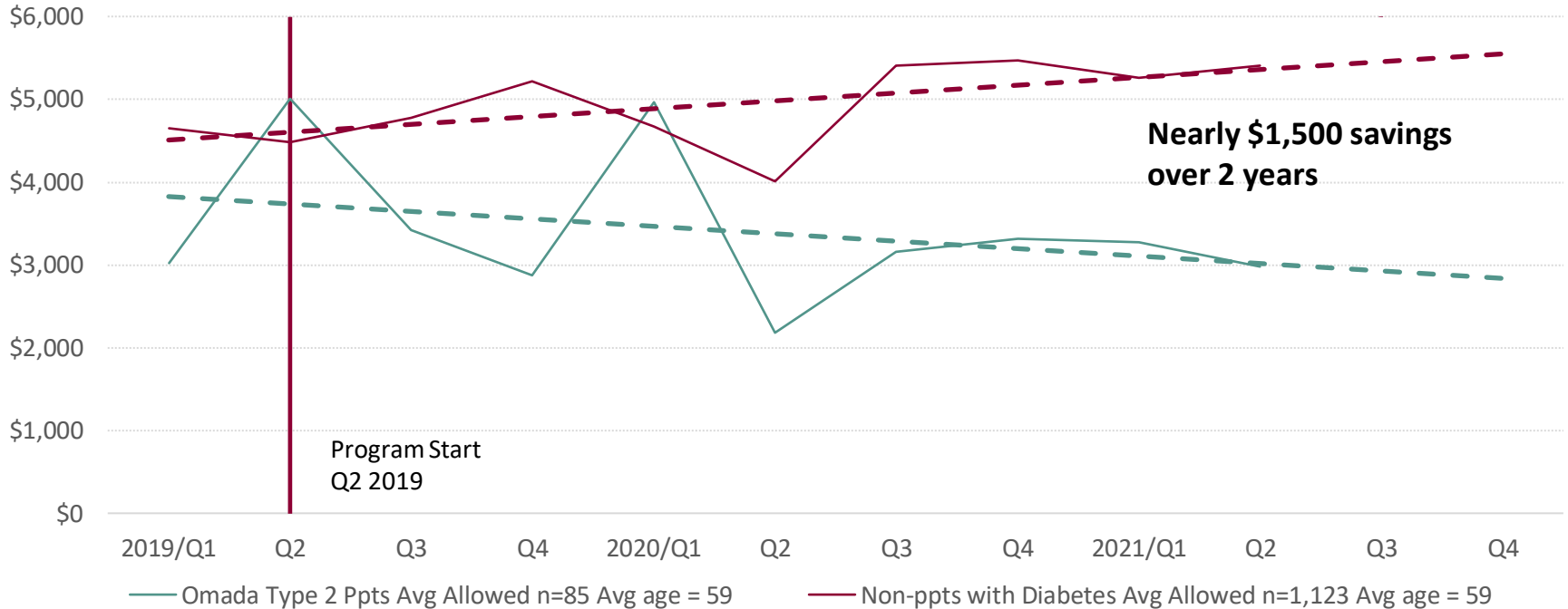


Estimated Savings Calculation

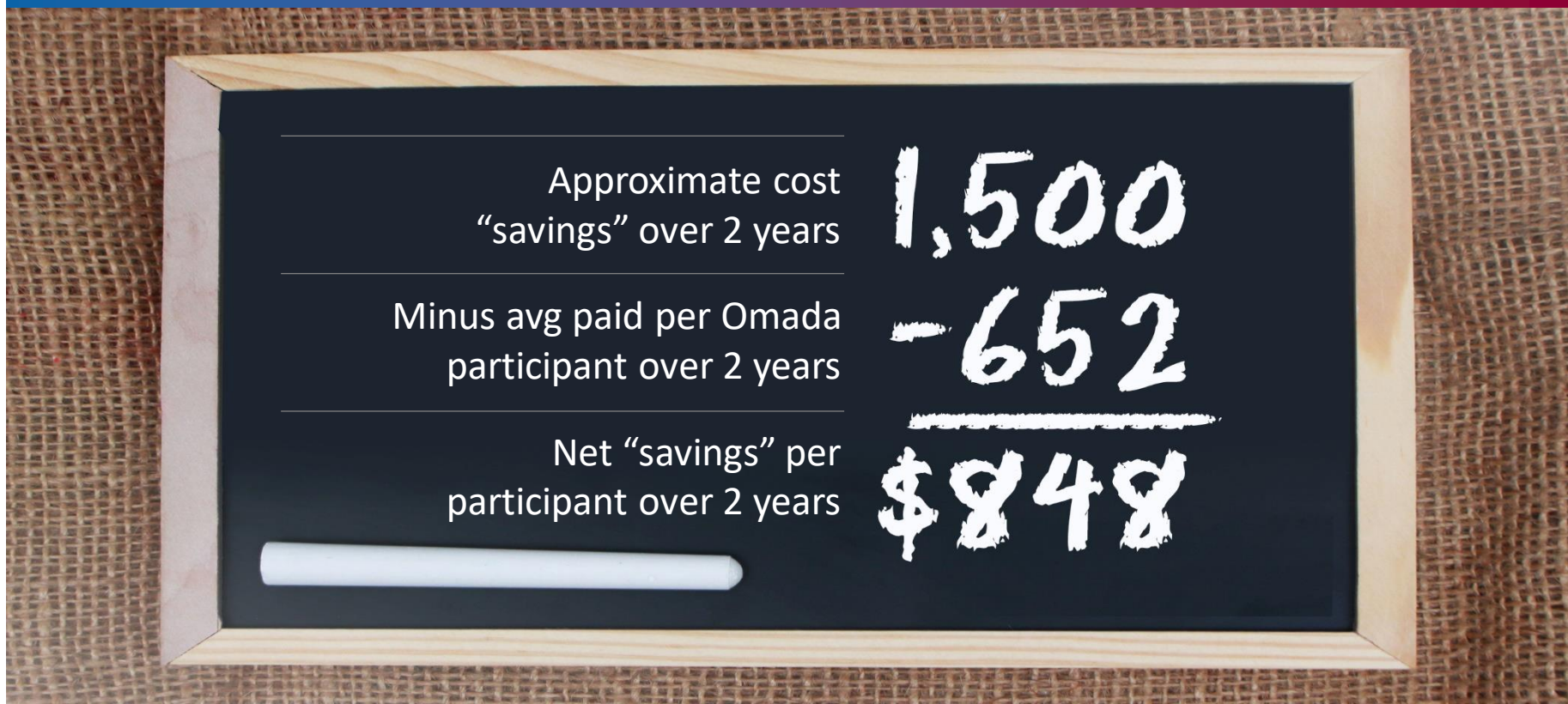


Type 2 Participants vs Non-Participants with Diabetes⁴

Type 2 Medical + RX Average Allowed Costs

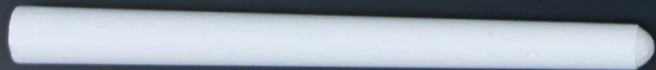


Estimated Savings Calculation



DOES OMADA HELP
REDUCE COSTS?

YES!



Additional Thoughts on Savings

- HealthFlex savings are within the ranges predicted by analyses done by Omada on other populations
- Savings will continue into the future with:
 - delayed or prevented diabetes diagnoses
 - improved management for those in Type 2 program
 - improvement or prevention of associated conditions (hypertension, heart disease, stroke)

Next Steps

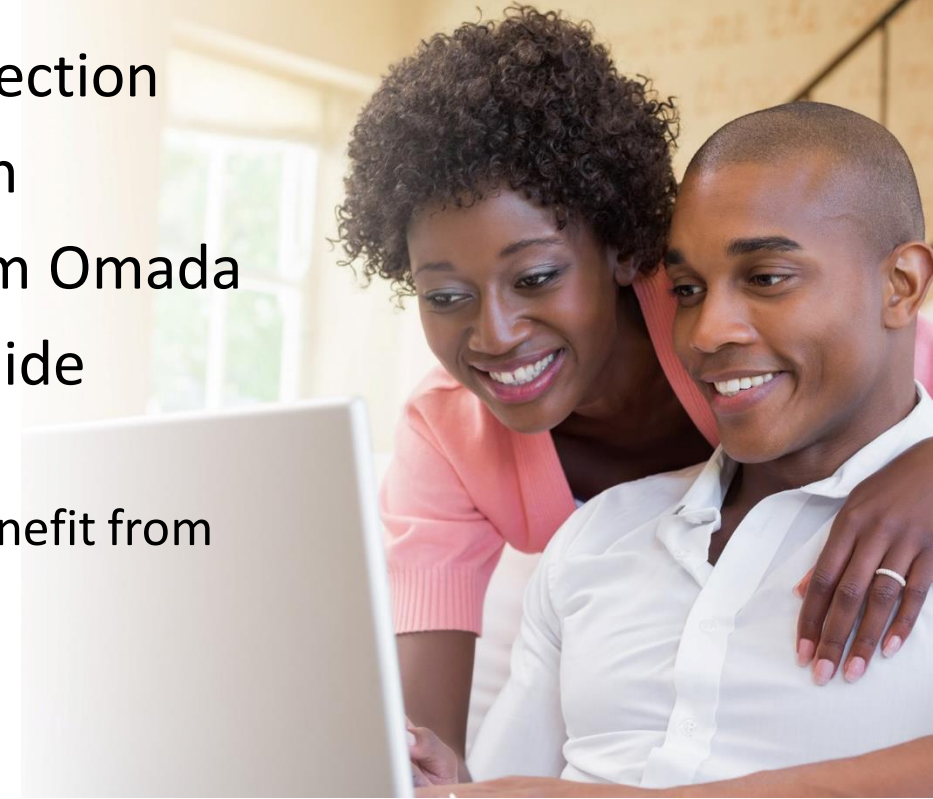
- Continue offering the Omada prevention program for those with risk to develop diabetes or heart disease
- Recommend a diabetes management program for those with diabetes:
 - Omada's program or another vendor?
- Additional analyses on other aspects of Omada outcomes and on other well-being vendors



[Go.omadahealth.com/wespath](https://go.omadahealth.com/wespath)

Where to Find Omada

- Benefits Access—Well-Being section
- Virgin Pulse — Benefits section
- Periodic e-mail campaigns from Omada
- Blueprint for Wellness “My Guide to Health”
 - If BFW results indicate possible benefit from Omada, information is included



Notes

- ¹ Maruther NM, Ma Y, Delahanty LM, et al. Early responses to preventative strategies in the diabetes prevention program. *J Gen Intern Med.* 2013;28(12):1629–36.
- ² Additional definition notes for all cohorts:

 - Current HealthFlex enrollment with 43 member months of enrollment between 1/1/2018 to 7/31/2021
 - Primary participants and covered spouses only
- ³ Non-participants with prediabetes (HbA1c 5.7-6.4 from Jan 2018–Mar 2019)
n=598 Avg age = 59

Omada Prevention participants
n=606 Avg Age = 53

63% of Omada Prevention participants began the program in 2019. The remainder received a lower “total program effect” than those starting earlier.
- ⁴ Non-participants with diabetes
n = 1,123 Avg age = 59

Omada Type 2 participants
n = 85 Avg age = 59

93% of Omada Type 2 participant cohort started the program in 2019.

HealthFlex/Wespath positively
impacts the health and productivity
of those who serve the UMC



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