

## See if you're eligible for Omada

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Hi, this is Chris Glenn from SCHOOLCARE here, bringing you another SCHOOLCARE snippet. Today we're going to be talking about the Omada lifestyle change program.

Omada is a two-year program to help people make healthier lifestyle changes. It's specifically used for people that are at risk for type 2 diabetes, hypertension, or high cholesterol. With February being American Heart Health month, we wanted to bring you some more information on the Omada program such as how you can sign up and earn incentives under the **Good For You!** wellness program through SCHOOLCARE.

Let's check out the SCHOOLCARE website and how you can access the Omada program. Starting at the [www.schoolcare.org](http://www.schoolcare.org) I'm going to hover over the Health & Wellness tile. We always mention just look for the tile with the salad. I will click into here this will bring you to the wellness overview. Moving down the page you can see the **Good For You!** Wellness program login. You can see the *Need help* button which brings you to our wellness FAQ document. We have a couple videos here: Our welcome video that goes over the entire program as well as the Quarter three opportunities that just opened on January 1<sup>st</sup>. Further down you can see the three pillars broken out, Understand You, Take Action, and Stay Active. For the omada program I'm going to click into Take Action.

Moving further down the page you're going to find Health Coaching at the top and then the next one is the Omada program. As mentioned before, Omada is a lifestyle change program for anyone at risk for type 2 diabetes, hypertension, or high cholesterol.

I'll just share a personal note here. I did enroll into Omada for the two-year overall program and got some lifestyle changes that I'll keep for the long haul and I was able to lose a total of 30 pounds. So, it is a great program I cannot talk highly enough about it.

Down here you're going to find the button *Take a moment to see if you're eligible*. For the Omada program enrollment you do need to check if you're eligible before enrolling. So, let's click into that. Once you click that button it's going to bring you to the [www.omadahealth.com](http://www.omadahealth.com) Webpage just for SCHOOLCARE participants. You can click *Join here for zero dollars* and that will bring you to take the one-minute test or quiz that will measure your risk and will tell you if Omada is right for you.

So, once the quiz or the test is completed it's going to give you a rating of either low, medium, or high risk. For this situation, I put in information and I'm at a high risk for either pre-diabetes or heart disease and at this time it can actually advise you that you can apply here. Once you click apply now it gives you the opportunity to add some more basic information.

It'll ask for your coverage, some additional health items, your diagnosis, and then you can submit. From there, you're actually enrolled into the Omada program.

Once you're enrolled into the program, you'll get an email confirmation to set up your profile as well as you'll be placed into a group the following Monday. Everything will be assigned to you and you can set up your account just the way you'd like it whether it's email preference or text messaging all of that is available in your profile.

So, that wraps it up on the website. I want to thank you again for joining me on the SCHOOLCARE snippet regarding the Omada lifestyle change program. I hope this was very informational for you today and if you are interested in the Omada program I recommend just taking the one-minute quiz to see if you're eligible and then joining if you'd like. Remember you can earn incentives under the **Good For You!** Wellness program as well as this program is no cost to you under the health plan.

All right, thanks for joining have a great day!