

Working together to inspire and engage members in lifelong health

The Cigna Healthcare Diabetes Prevention Program in collaboration with Omada.



Everyone is capable of experiencing better health. That's why Cigna Healthcare® has collaborated with Omada® to offer a digital behavior change program to help prevent type 2 diabetes and heart disease.

Omada brings together the best of human care and technology to help members make lasting health changes on their own terms. Members are paired with a 1:1 care team who can instill confidence and at every step, equipping them with connected devices, nutritional AI tools and personalized care paths. And based on data from Cigna Healthcare's independent outcomes study, the approach is working.*

About the program:

The Cigna Healthcare's Diabetes Prevention Program (DDP), in collaboration with Omada, is a human-led virtual care program designed to help members shift their health mindset and find the motivation needed to:



Lose weight and keep it off long-term



Reduce the risks of developing type 2 diabetes and heart disease



Build strategies for healthy eating, activity, sleep and stress management



Improve their overall health and wellbeing

The program combines compassionate care and powerful AI tools with breakthrough behavior science to make it possible for members at risk for chronic conditions to achieve long-term improvements in their health.

2024 study results include:*



Employer clients

2,000+



Employee participants

56,000+

Year 1 Key Takeaways*

\$1,250

Average total cost of care savings per participant.

Average ROI for employer is:

2.2

DPP/Omada members had lower emergency room/in-patient spend compared to control.

Average percentage of body weight lost by participants:

3%

22%

of participants lost and maintained 5% or more of their initial weight at 1 year.

Offered by Cigna Health and Life Insurance Company

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To learn more about the Cigna Healthcare's Diabetes Prevention Program, contact your Cigna Healthcare sales representative.



*Cigna Healthcare Diabetes Prevention Program with Omada claims study 2020-2023, 1-Year follow up: 53K participants from 3,513 clients; 2-Year follow up: 32K participants from 2,403 clients. Savings may vary. Individual client and participant results may vary depending on individual health status at the start of the program and activity throughout the program. Results are not guaranteed.

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