

OMADA® FOR HYPERTENSION

# Frequently Asked Questions

## What is Omada for Hypertension?

Omada for Hypertension is a virtual program that makes it easier to manage your blood pressure and reach your health goals, whether that's losing weight or reducing stress. With tools that provide real-time feedback and expert support from a personal health coach and clinical specialist, you'll learn simple changes over time—and at your own pace—that will help you feel better and live life with more confidence.

## What do the health coach and specialist do?

Your **personal health coach** will be your main point of contact. They'll provide dedicated 1-on-1 support and guidance to help you lower your blood pressure, lose weight, and eat better, while cheering you on every step of the way. Your **clinical specialist** is available for any blood pressure-related questions and will help you understand your numbers and how to keep them under control.

## How much does it cost?

If eligible, the program is at no cost to you (a \$1,400 value).

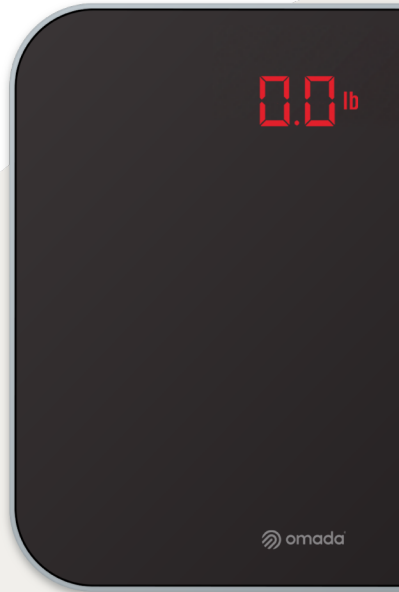
## Who is eligible for this program?

If you have high blood pressure, you are eligible to enroll in this program. Your employer or health plan may have more requirements for eligibility. Review your health benefit documents to learn more.



Hey Kat! The dinner you logged last night sounds delicious, but it's also quite high in sodium, which impacts your blood pressure. Here's a few of my favorite heart-healthy dinners. How do you feel about trying out 2 of these ideas next week?

Thanks, Sara! I really felt like that was a healthy choice, I guess I'm learning a lot!



Smart Scale

Personal Health Coach



Blood Pressure Monitor

## What do I get as a member?

You get a program valued up to \$1,400—at no cost to you.

- ✓ A personal health coach and a clinical specialist
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

Plus, you get smart devices to monitor your blood pressure and track your progress. You keep them all.

- ✓ Blood pressure monitor
- ✓ Smart scale (if clinically eligible)

## Get Started Today

Scan the code using your mobile device or visit the website below.

[omadahealth.com/roehltransport](https://omadahealth.com/roehltransport)



## Why is managing blood pressure important?

Without taking steps to manage it, high blood pressure can increase your risk of stroke and heart attack. Omada will help you find ways to lower your blood pressure outside of just medication (like tips for nutrition, stress, and sleep). By tracking your blood pressure with your connected blood pressure monitor, your care team will help you understand health trends, so you can start making simple changes to control your numbers.

## How will Omada help me with stress?

Many factors impact your blood pressure and overall health. If you experience stress or have trouble sleeping, your personal health coach will provide you with coping techniques and exercises and help you make a plan towards feeling better in both mind and body.

## What's the time commitment?

You can use the program as long as you need it and as long as it's made available to you by your employer. On average, participation can take 1-2 hours per week.

## Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be eligible. Refer to your health benefit documents for details.

## I already see my doctor about high blood pressure. Do I still need Omada?

Omada supports your current treatment plan and makes sure you have the care you need between doctor visits. With your health coach and specialist available to answer questions and provide guidance, Omada can function as your day-to-day support. And, by tracking your progress over time, you'll be able to share a report with your doctor.

## Will my information be safe?

Omada takes your personal health information seriously. Your participation and progress in the program is confidential and we follow all federal and state privacy regulations as a healthcare provider. To learn more, please read Omada's Privacy Policy and Terms of Use, and Notice of HIPAA Privacy Practices.

## What personal information will be shared with my peer group?

Group members can see your profile photo, first name, hometown, and introduction note. Members can also see a summary of your progress, which includes when you were last active, your weigh-in and food tracking streak, weight loss goal progress (don't worry, no numbers!) and any recent posts you've shared.

## How do I get started?

### Apply

Easily complete the application.  
*(You'll get an email within 48 hours letting you know if you are eligible.)*

**5-10 min**

### Set Up Account

Personalize your Omada experience by answering a few questions.

**10 min**

### Receive Welcome Kit

Say hello to your connected smart devices.

### + Meet Your Team

Meet your dedicated health coach and connect with your online peer group.

### Get Started

You'll kick off on a Sunday with an introduction from your health coach and your first lesson.

1-2 weeks

### Questions?

If you are currently a member, you can email [support@omadahealth.com](mailto:support@omadahealth.com), call (888) 409-8687, or check out our help center articles at [support.omadahealth.com](http://support.omadahealth.com).

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