



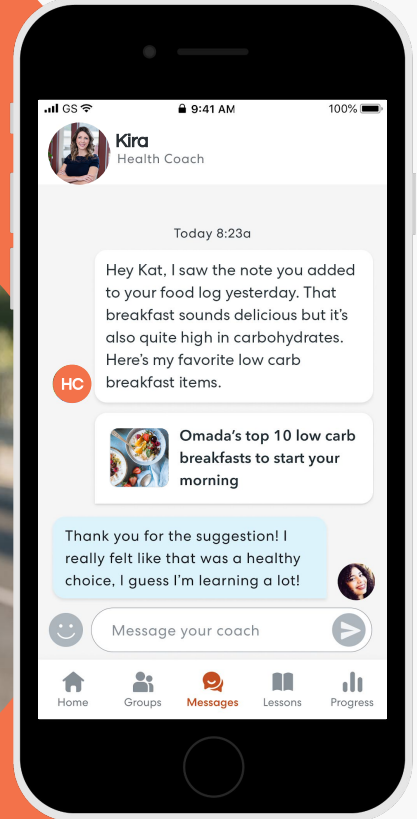
Understanding Prediabetes and Diabetes

→ with Omada Health Coach Kira

About Omada

Omada is a virtual program that helps you live life with more confidence and less stress

- + Founded in 2011 to inspire and engage people in lifelong health
- + Delivers programs that help people improve their health and manage chronic conditions through smart devices and one-on-one coaching
- + Serves more than 700,000 members across the U.S.



Introduction



Kira, RDN, LD

Omada Health Coach

About me

- + Registered Dietitian for 8+ years in a variety of settings -Bariatrics, Long Term Care and chronic disease prevention.
- + Certified Life Coach with background in mindset coaching, emotional eating and behavior change.
- + Helping people feel empowered and in control of their habits through healthy and sustainable lifestyle changes is my passion.



Let's build your knowledge about prediabetes and diabetes

- + How common are they?
- + What are they and what's their cause?
- + What is their health impact?
- + How can Omada help?





Understanding Prediabetes & Diabetes

How common are prediabetes and diabetes?



Prediabetes



1 out of 3

Americans has prediabetes



Prediabetes



4 in 5
don't know it



High risk of type 2 diabetes, heart disease, and stroke



Diabetes



1 out of 10

Americans has diabetes



Diabetes



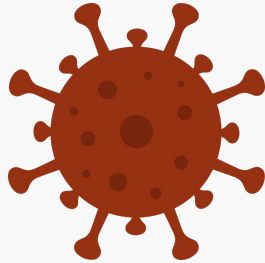
1 in 5
don't know it



Someone is diagnosed every 17 seconds



Covid-19 Connection



Prediabetes + Covid-19

Being overweight and having underlying health problems **greatly increases seriousness of COVID-19**

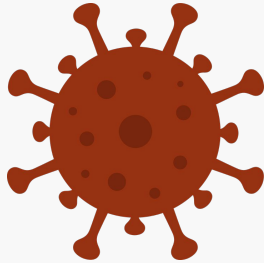
SOURCES:

Heidarpour, Maryam, et al. "Prediabetes and Covid-19 Severity, an Underestimated Risk Factor: A Systematic Review and Meta-Analysis." *Diabetes & Metabolic Syndrome*, Published by Elsevier Ltd on Behalf of Diabetes India, 2021, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8501186>.

Watson, Clare. "Diabetes Risk Rises after Covid, Massive Study Finds." *Nature News*, Nature Publishing Group, 31 Mar. 2022, <https://www.nature.com/articles/d41586-022-00912-y>.



Covid-19 Connection



Diabetes + Covid-19

COVID-19 increases risk of developing diabetes

Diabetes increases risk of **serious complications** from COVID-19

SOURCES:

Heidarpour, Maryam, et al. "Prediabetes and Covid-19 Severity, an Underestimated Risk Factor: A Systematic Review and Meta-Analysis." *Diabetes & Metabolic Syndrome*, Published by Elsevier Ltd on Behalf of Diabetes India, 2021, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8501186>.

Watson, Clare. "Diabetes Risk Rises after Covid, Massive Study Finds." *Nature News*, Nature Publishing Group, 31 Mar. 2022, <https://www.nature.com/articles/d41586-022-00912-y>.



Here's the Good News

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**Prediabetes and diabetes
are both *preventable* and
manageable with education
and personal support.**



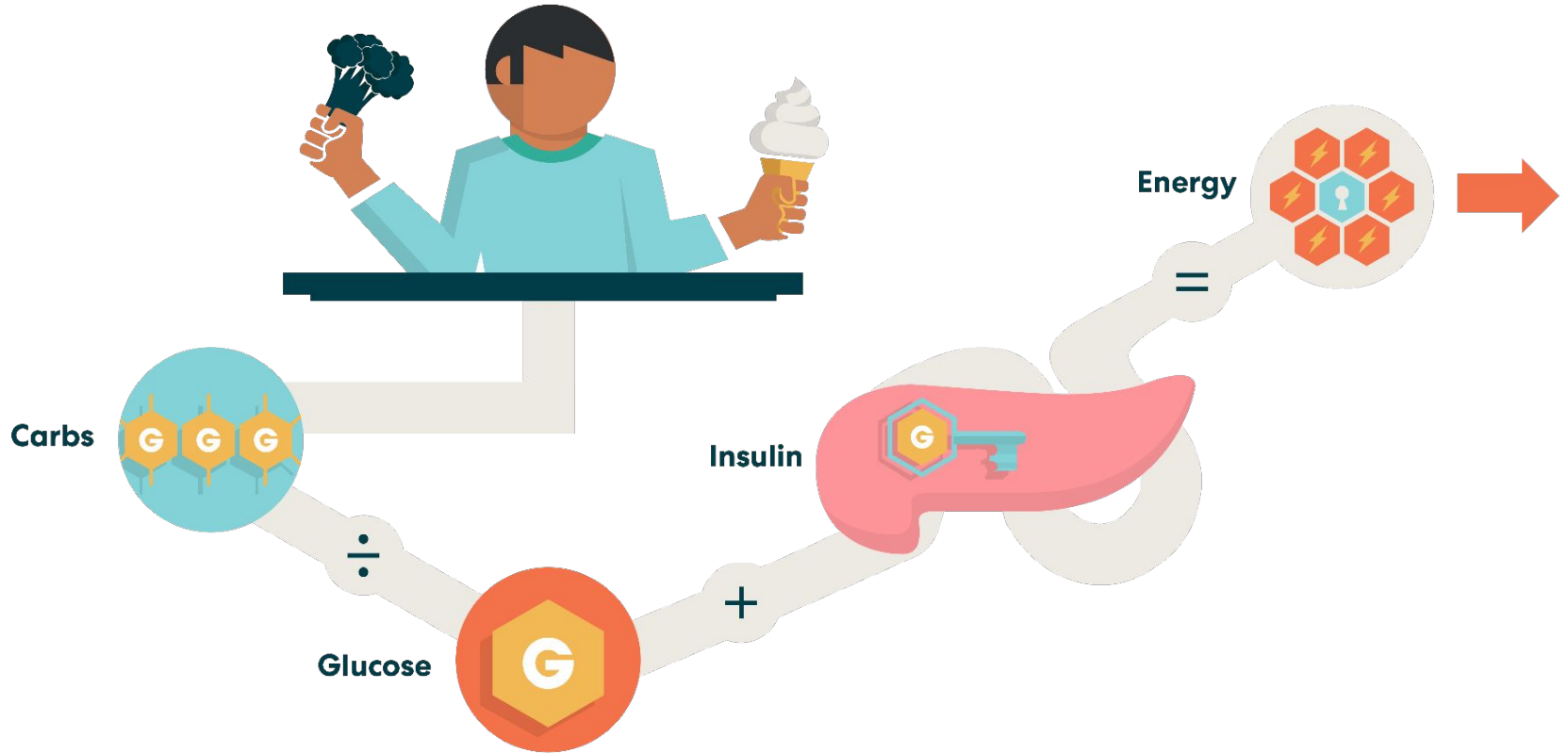


Understanding Prediabetes & Diabetes

What is prediabetes?



The Mechanics



Prediabetes & Diabetes





Understanding Prediabetes & Diabetes

What is the difference between type 1 and type 2 diabetes?



Difference between Type 1 diabetes and Type 2 diabetes

	Type 2 Diabetes	Type 1 Diabetes
% of Diabetes Cases	The most common form of diabetes (90-95% of all diabetes cases)	Less common (5-10% of all diabetes cases)
What happens	The body does not use insulin properly	An autoimmune condition where the immune system “attacks” the insulin-producing beta cells of the pancreas Deficiency of insulin or the body does not produce insulin
Treatment / Management	Glucose can be managed with lifestyle changes, medications, or insulin	Individual needs to be on insulin

SOURCES:

“Diabetes Overview.” Diabetes Symptoms, Causes, & Treatment | ADA, <https://diabetes.org/diabetes>

National Diabetes Statistics Report. Centers for Disease Control and Prevention 2020. <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>



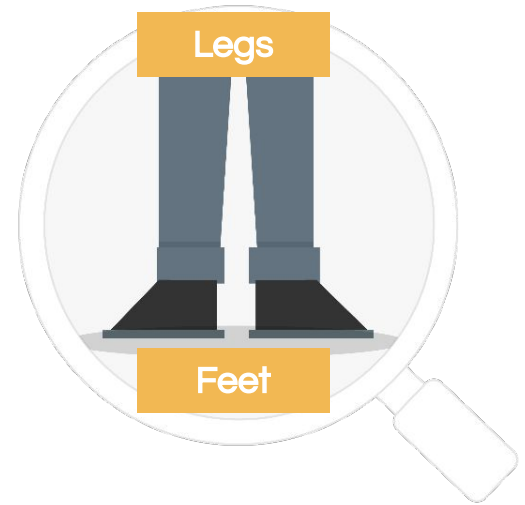
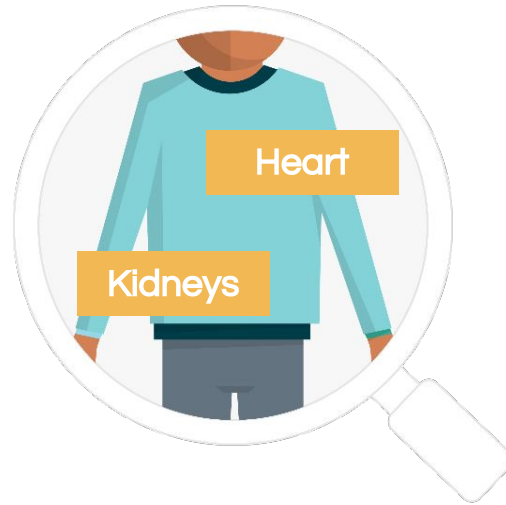
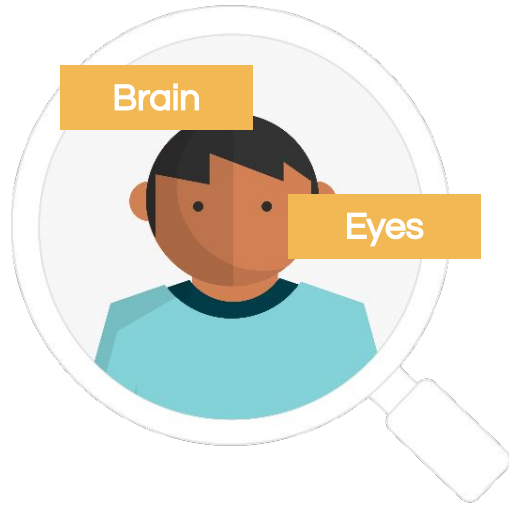


Understanding Prediabetes & Diabetes

What does diabetes do to your body?



What Diabetes Can Do To Your Body





Understanding Prediabetes & Diabetes

What are the risk factors of diabetes?

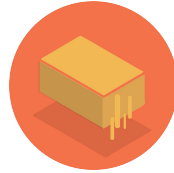


What are the risk factors?

In your
Control



Weight



Cholesterol



Sedentary
Lifestyle



Blood Pressure



Sleep

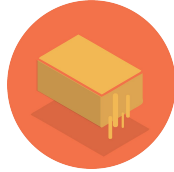


What are the risk factors?

In your Control



Weight



Cholesterol



Sedentary Lifestyle



Blood Pressure



Sleep

Not in your Control



Race



Family History



Age



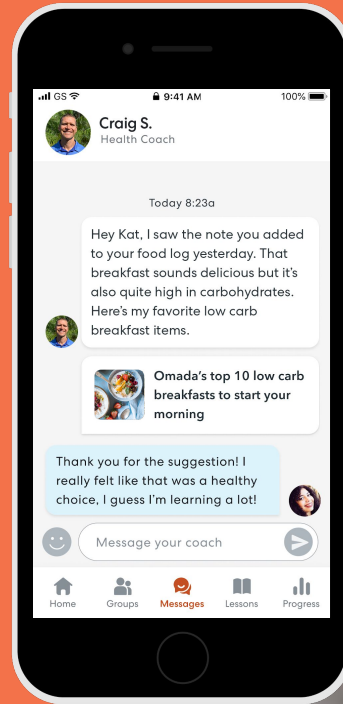
**Navigating a chronic
condition is tough**

**Having support along the
way can make all the
difference.**



How Omada helps:

Omada is an
actual health
coach (like me)
in your pocket.



App images are fictionalized samples and do not reflect information about a specific person.



Omada for Prevention

A virtual program that makes it easier to lose weight, improve your health and reduce the risk of diabetes—valued up to \$700—at no cost to you.



Program Benefits

Lose weight with small, lasting lifestyle changes.

Learn ways to eat healthier, be more active, sleep better and manage stress.

Reduce the risk of Type 2 diabetes, heart disease and stroke.

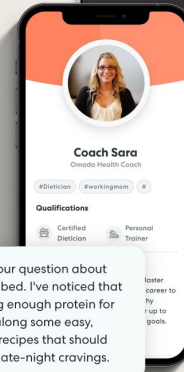
Program Features


- A personal health coach
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Online peer group and communities
- Plus, you get a smart scale to track your progress. It's yours to keep!

Apply at omadahealth.com/mcps

If you or your covered adult dependents are enrolled in the MCPS medical plan offered through Cigna or Kaiser Permanente, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.


Omada for Prevention is available at no cost when covered by your employer or health plan. App images are fictionalized samples and do not reflect information about a specific person.



 Hey Kat! I saw your question about snacking before bed. I've noticed that you aren't eating enough protein for dinner. I'll send along some easy, protein-packed recipes that should help curb those late-night cravings.

later career to by r up to goals.

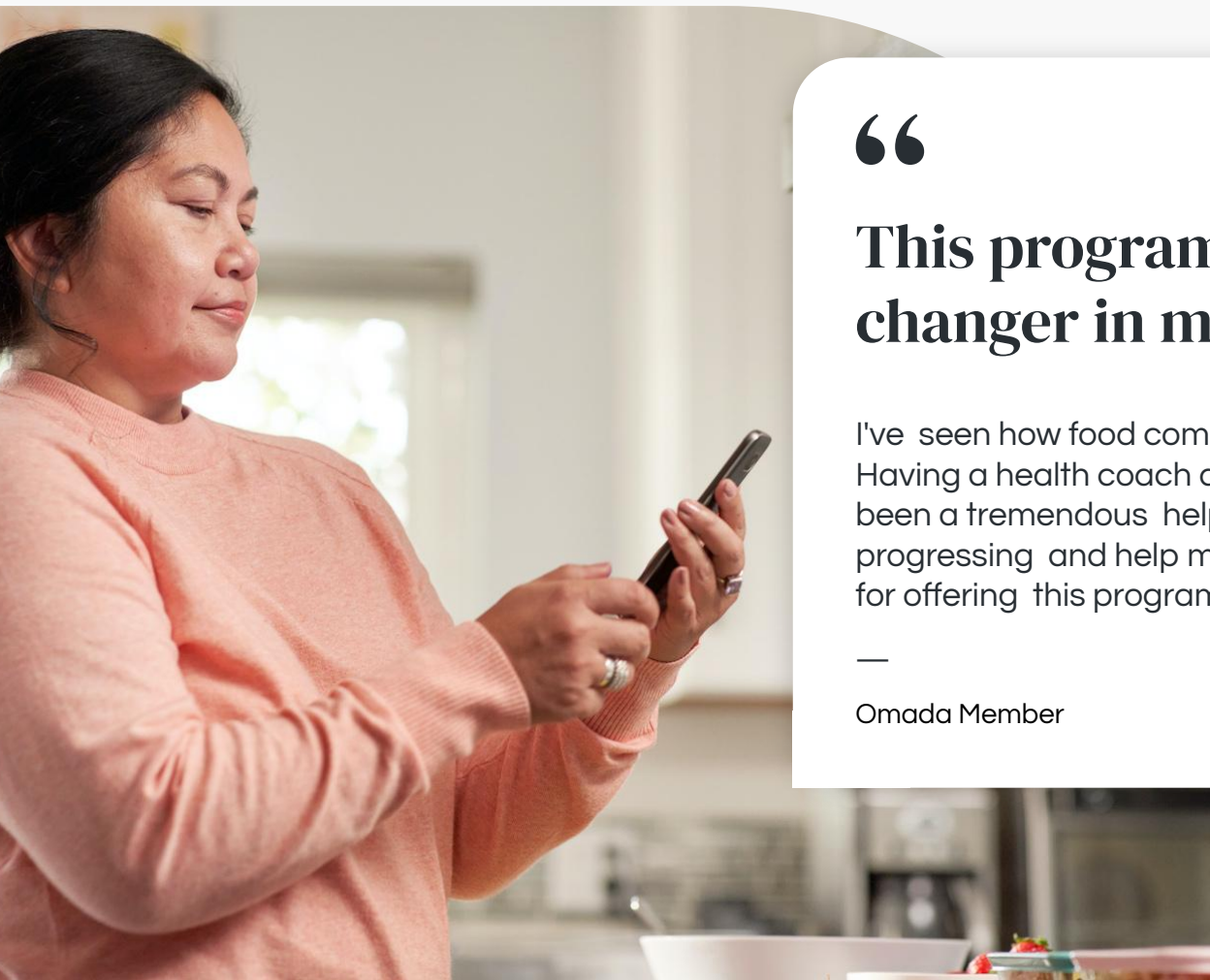
Thanks! I can't wait to give these recipes a try.



Personal Health Coach



Smart Scale



“

This program has been a game changer in my life.

I've seen how food combinations affect my glucose. Having a health coach and diabetes specialist has been a tremendous help. They can see how things are progressing and help me make changes. Thank you for offering this program at no cost to me.”

—

Omada Member

Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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Apply today at:
omadahealth.com/mcps



Thank you!

