



Clinical Eligibility Criteria

We strive to make it as easy as possible for individuals to see if they're eligible through a simple application process.



Applicants complete our **quick online application** to assess if they meet clinical inclusion criteria and whether they have any clinical exclusion criteria (i.e. medical conditions that would preclude participation).

Any participant whose medical condition changes during the program, such that they begin to meet the applicable exclusion criteria, may be required to stop actively participating in the program and/or obtain medical clearance from their health care provider to continue.

Notwithstanding the criteria set forth, if Omada, in its sole discretion, believes that the circumstances of a member's enrollment in the Program may put the member's health or safety at risk (including any instances where a member consistently fails to follow the recommendations of Omada/the Program), Omada may remove the member from the Program.*



Omada for Prevention & Weight Health

INCLUSION CRITERIA The following are required.		Omada for Prevention & Weight Health		
1	Age	18+		
2	BMI	Overweight BMI ≥ 25 , or ≥ 23 if Asian descent		
3	At least one qualifying factor	Prediabetes	Dyslipidemia	Hypertension
		Tobacco Use	Elevated Waist Circumference*	

Risk Factors Defined

1. **Elevated waist circumference**
 - a. *BMI ≥ 27 is used as a proxy measure for elevated waist circumference, which is a risk factor for metabolic syndrome
2. **Prediabetes** (defined as one or more of the following)
 - a. Biometric:
 - i. A1C: 5.7-6.4%
 - ii. Fasting Blood Glucose: 100-125 mg/dL
 - iii. Oral Glucose Tolerance Test: 140-199 mg/dL
 - b. Diagnosis:
 - i. Self-reported diagnosis of prediabetes
 - ii. Self-reported previous diagnosis of gestational diabetes
 - c. Risk Screener:
 - i. CDC Prediabetes Screening Test Score ≥ 9
3. **Hypertension** (defined as one or more of the following)
 - a. Biometric:
 - i. SBP ≥ 130
 - ii. DBP ≥ 80
 - b. Diagnosis:
 - i. Self-Report of Hypertension or High Blood Pressure
 - ii. Self-report of taking medications to control blood pressure
4. **Dyslipidemia** (defined as one or more of the following)
 - a. Biometric:
 - i. LDL > 130 mg/dL
 - ii. HDL < 40 mg/dL in Men; < 50 mg/dL in Women
 - iii. Triglycerides ≥ 150 mg/dL
 - iv. Total Cholesterol ≥ 200 mg/dL - non-HDL-C ≥ 160 mg/dL
 - b. Diagnosis:
 - i. Self-reported diagnosis of high or abnormal cholesterol
 - ii. Takes medications to control cholesterol
5. **Tobacco Use**
 - a. Self-reported current or previous tobacco use

Exclusion Criteria

Any one of the following excludes an applicant from being eligible to start or continue the Omada program.

1. Does not meet inclusion criteria set forth above
2. Has type 1 diabetes or type 2 diabetes
3. Current pregnancy
4. Has an eating disorder such as anorexia or bulimia (not including binge-eating disorder) for which they have received treatment in the past 12 months
5. Has had any of the following and has not received medical clearance from provider to exercise:
 - a. Transient ischemic attack or stroke
 - b. Heart attack (myocardial infarction)
 - c. Hospitalization for congestive heart failure
 - d. Cardiac surgery (such as coronary artery bypass grafting (CABG), coronary artery stenting)
6. Bariatric/gastric bypass surgery, including gastric sleeve, gastric balloon within the past 6 months
7. On dialysis treatment
8. Other medical conditions that preclude the ability to safely participate as determined in the program by the Omada care team

*The Clinical Eligibility Criteria may be amended or modified from time to time by Omada, in its sole discretion. Omada will promptly deliver written notice to Customer of any material modifications to the Clinical Eligibility Criteria prior to implementing such modifications, except to the extent such modifications are consistent with updated guidance from accreditation bodies, specialty societies, and federal advisory committees such as the USPSTF, CDC, ADA, AADE, AHA, ACC and/or developments in prevailing standards of clinical practice.



Enhanced GLP-1 Care Track

INCLUSION CRITERIA Each of the following are required.		Enhanced GLP-1 Care Track through Omada for Prevention and Weight Health ¹	
1	Age	18+	
2	BMI	BMI ≥18.5	
3	Medication	Taking GLP-1 for weight management	
4	Plus at least one qualifying factor	Prediabetes Hypertension	Elevated Waist Circumference* Dyslipidemia Tobacco Use

Qualifying Factors Defined

(May differ slightly based on customer contract)

1. **Elevated waist circumference**
 - a. *BMI ≥ 27 is used as a proxy measure for elevated waist circumference, which is a risk factor for metabolic syndrome
2. **Prediabetes** (defined as one or more of the following)
 - a. Biometric:
 - i. A1C: 5.7-6.4%
 - ii. Fasting Blood Glucose: 100-125 mg/dL
 - iii. Oral Glucose Tolerance Test: 140-199 mg/dL
 - b. Diagnosis:
 - i. Self-reported diagnosis of prediabetes
 - ii. Self-reported previous diagnosis of gestational diabetes
 - c. Risk Screener:
 - i. CDC Prediabetes Screening Test Score ≥ 9
3. **Hypertension** (defined as one or more of the following)
 - a. Biometric:
 - i. SBP ≥130
 - ii. DBP ≥80
 - b. Diagnosis:
 - i. Self-Report of Hypertension or High Blood Pressure
 - ii. Self-report of taking medications to control blood pressure
4. **Dyslipidemia** (defined as one or more of the following)
 - a. Biometric:
 - i. LDL >130 mg/dL
 - ii. HDL <40 mg/dL in Men; <50 mg/dL in Women
 - iii. Triglycerides ≥150 mg/dL
 - iv. Total Cholesterol ≥ 200 mg/dL - non-HDL-C ≥ 160 mg/dL
 - b. Diagnosis:
 - i. Self-reported diagnosis of high or abnormal cholesterol
 - ii. Takes medications to control cholesterol
5. **Tobacco Use**
 - a. Self-reported current or previous tobacco use

Exclusion Criteria

(May differ slightly based on customer contract)

Any one of the following excludes an applicant from being eligible to start or continue the Omada program.

1. Does not meet inclusion criteria set forth above
2. Has type 1 diabetes or type 2 diabetes
3. Current pregnancy
4. Has an eating disorder such as anorexia or bulimia (not including binge-eating disorder) for which they have received treatment in the past 12 months
5. Has had any of the following and has not received medical clearance from provider to exercise:
 - a. Transient ischemic attack or stroke
 - b. Heart attack (myocardial infarction)
 - c. Hospitalization for congestive heart failure
 - d. Cardiac surgery (such as coronary artery bypass grafting (CABG), coronary artery stenting)
6. Bariatric/gastric bypass surgery, including gastric sleeve, gastric balloon within the past 6 months
7. On dialysis treatment
8. Other medical conditions that preclude the ability to safely participate as determined in the program by the Omada care team

¹ Members may also qualify for ECT through Omada for Hypertension if contractually eligible for that program. In that case, they must meet the CEC criteria for Omada for Hypertension and be taking a GLP-1 medication for weight management.