

Saint Luke's Health System

Diabetes Prevention and Management

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Manager Benefits & Wellness





Background

- 12,400 employees; 19,700 total covered lives
- Robust, long-term diabetes disease management program with pharmacy benefits
- Diabetes not in top 5 for cost or prevalence
- Health evaluation & preventive services top cost category

Program Progression



2020 and prior

- Carrier Programs
- Online Education
- Coaching Calls
- Diabetes & HLD



2021

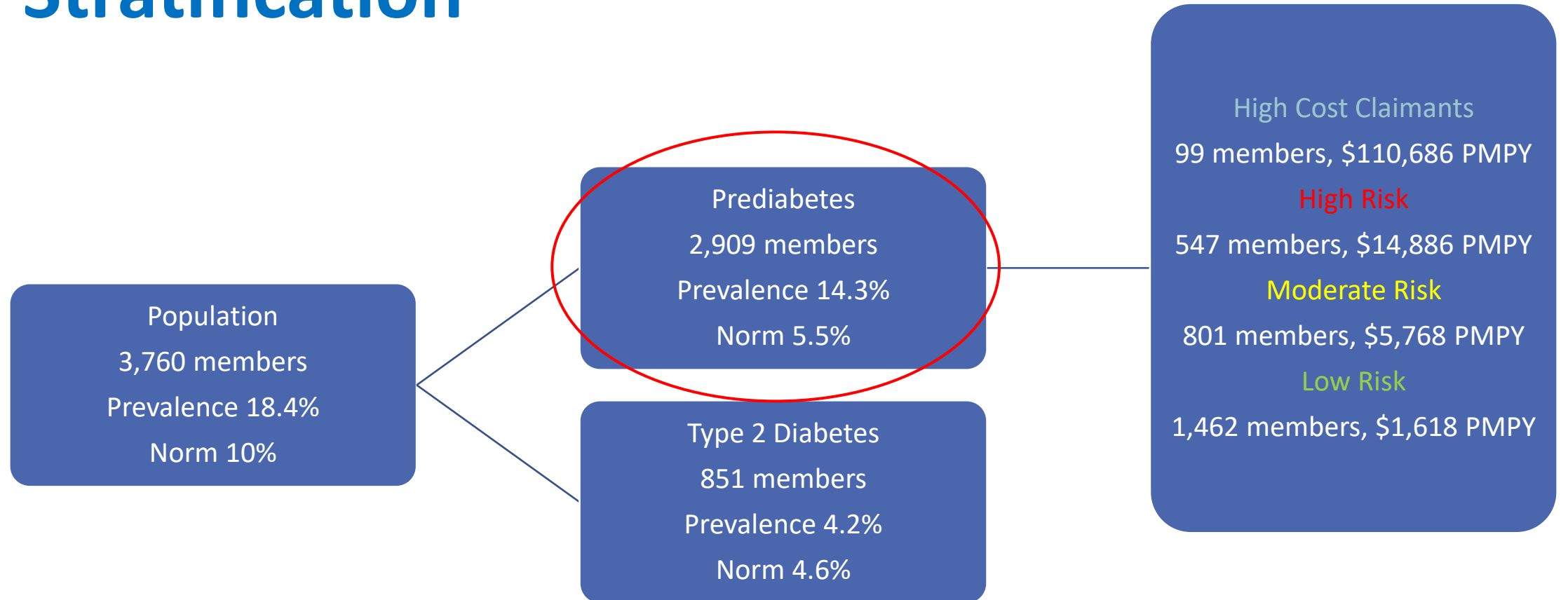
- Internal Program
- Quarterly Webinars
- Diabetes Only

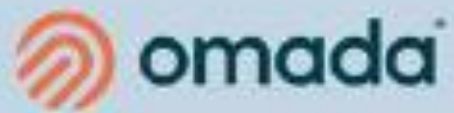


2022

- Omada
- Diabetes, HTN, Pre-diabetes/Prevention

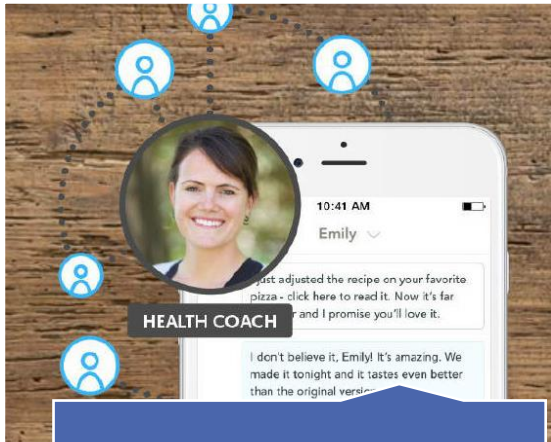
Prediabetes & Type 2 Diabetes Risk Stratification



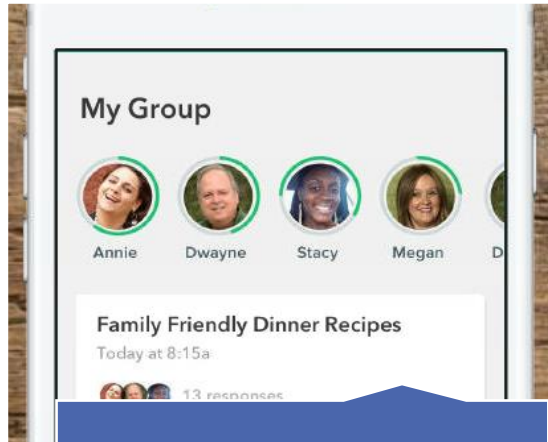


**Get healthy
your way**





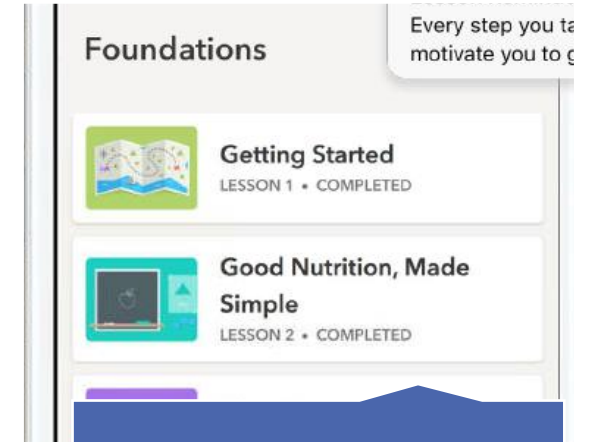
Health Coach



Peer Group



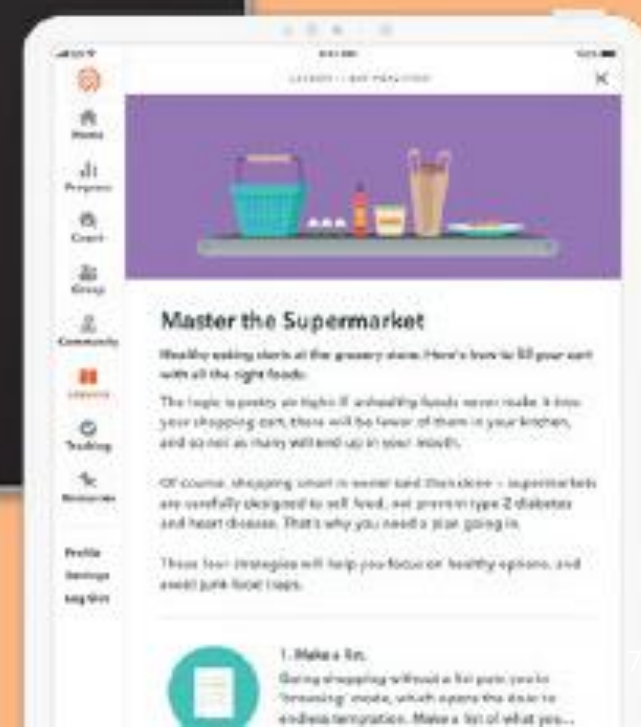
Connected Devices



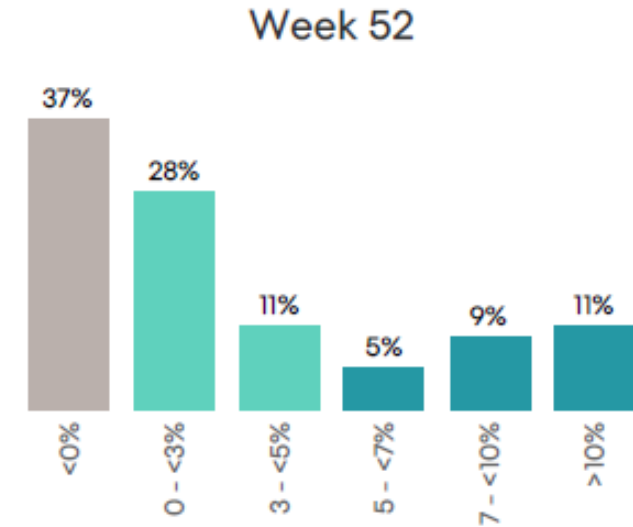
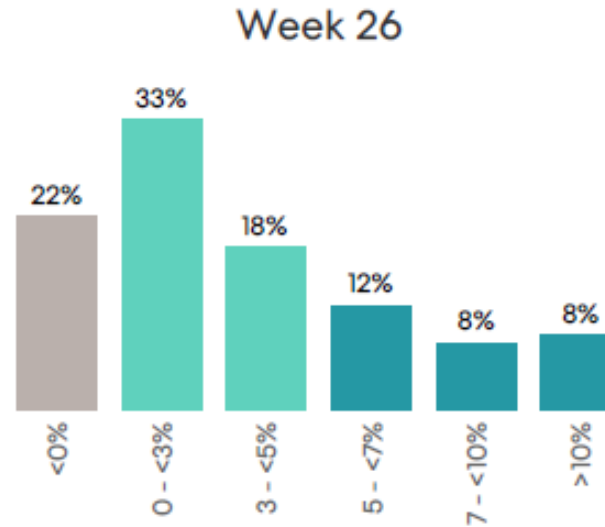
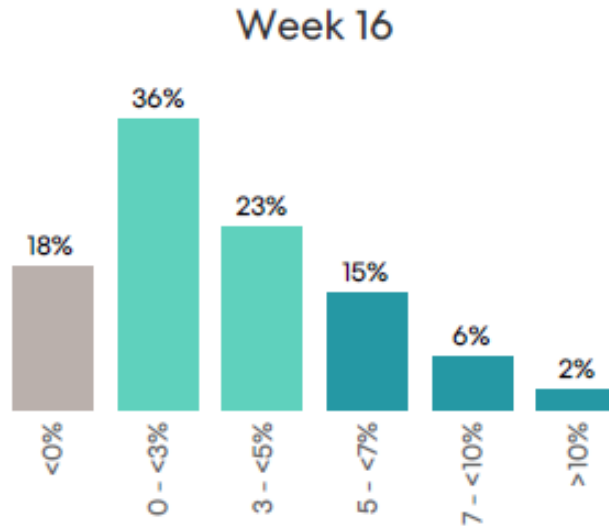
Lessons

Omada for Prevention

- Pre-Diabetes/Prevention
 - Overweight (BMI ≥ 25) +
 - Prediabetes, HTN, DLD, Tobacco Use
 - or BMI ≥ 27
- 376 participants
- Avg 22.4 engagements per week



Outcomes: **2,363** pounds lost!



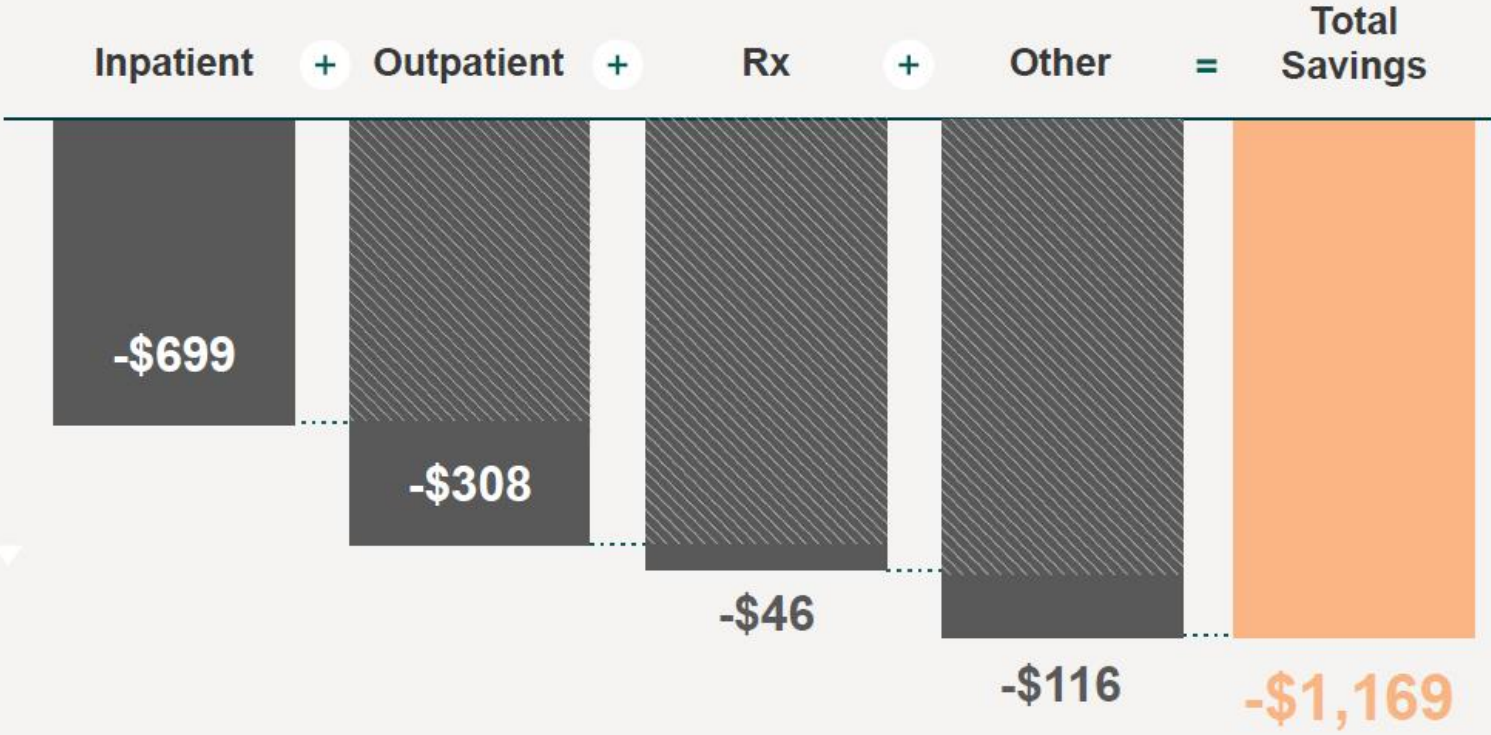
% Body Weight Lost

# of Participants (w16)	124
Average Weight Loss (w16)	2.8%
% Achieving 5% Weight Loss (w16)	23%
Benchmark* (w16)	29%

# of Participants (w26)	120
Average Weight Loss (w26)	3.1%
% Achieving 5% Weight Loss (w26)	28%
Benchmark* (w26)	29%

# of Participants (w52)	76
Average Weight Loss (w52)	2.2%
% Achieving 5% Weight Loss (w52)	25%
Benchmark* (w52)	29%

SAVINGS PER OMADA FOR PREVENTION PARTICIPANT IN YEAR 1



Omada for Diabetes

- Diabetes
 - A1C \geq 6.5% or fasting BG \geq 126 mg/dL
- 442 participants

A1c Baseline	% Met Reduction Goal	Average Reduction
7+	65%	-0.9
<7	87%	0.1
Overall	77%	-0.4



“This program has been a game changer for me. It offers support, education, and accountability. Since starting the program, I have lowered my A1C from 7.9 to 6.3 and lost 35 pounds. I am thrilled to have this program, and I can always reach out to my coaches with questions or if I just need a little boost to get thru the day successfully.” -Jennifer, Program Manager

“I just wanted to let you know how much I enjoy and appreciate the Omada program. My health coach holds me accountable. Not only that, she is very supportive and comes up with great recipes for me to try. We are quite the team. The scale looks me in the face every morning! I love it. I am so excited to be a part of this program. Thank you, Saint Luke’s, for offering it!” -Joyce, Patient Access Representative

“The Omada program has made a significant impact in how I manage my diabetes, which has resulted in significant gains, changes, and a more positive overall outlook. Before being introduced to the program, I took my medications and did about 40 percent of what I should have been doing. The simplicity, convenience, and resources of Omada, including their fantastic coaches and specialists, have been great. The glucose and meal trackers, automatic electronic reporting scale, and the easily accessed related statistical information have been a game changer for me. All of this coupled with an exercise routine, informative weekly lessons, tips, and other resources from Omada have allowed me to lose 15 pounds in five months and lower my A1C by 3 points in just over the same time frame. When your employer provides you with a resource like Omada it makes you feel valued and inspires you to make healthier choices. This year, I plan to take advantage of all available resources offered by both Saint Luke’s and Omada to set realistic and obtainable goals for an even healthier life.” -Solomon, Security Sergeant

“I just wanted to give a big thank you for this program! It means so much to me to be able to have coaches and the assistance to help me navigate my health. I was trepidatious in the beginning but through encouragement and education from the Omada team, I found the motivation and support I needed and was not getting through visiting my PCP every 3-6 months.” Sara, RN



Thank you!

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