

# DIABETES PREVENTION MADE EASIER

The Cigna Diabetes Prevention Program in collaboration with Omada.

Today, more than 1 in 3 American adults have prediabetes<sup>1</sup> and, without meaningful intervention, 30% of those individuals will develop type 2 diabetes.<sup>2</sup> We have a solution to help: The Cigna Diabetes Prevention Program in collaboration with Omada — a CDC recognized digital lifestyle and behavior change program focused on reducing the risk of diabetes through healthy weight loss.

## AN EASY, PERSONALIZED EXPERIENCE FOR EMPLOYEES.

Easy enrollment	Personalized virtual support	Added value and integration
<ul style="list-style-type: none"><li>Online enrollment and tech support.</li></ul> 	<ul style="list-style-type: none"><li>Digitally enabled scale.</li><li>Omada professional health coaches.</li><li>Social support groups.</li></ul>    <ul style="list-style-type: none"><li>Interactive online training lessons on healthy eating, physical activity, sleep and stress.</li></ul>	<ul style="list-style-type: none"><li>Discounted Active&amp;Fit Direct™ gym membership.<sup>3</sup></li><li>Optional integrated incentives through Cigna MotivateMe® Program.</li><li>Seamless referrals from Cigna coaches.</li><li>Systematic clinical eligibility identification.</li></ul> 

## A CONVENIENT, CONNECTED EXPERIENCE - AND VALUABLE INVESTMENT - FOR YOU.

Effortless administration & implementation	Ongoing support	Seamless billing & reporting
<ul style="list-style-type: none"><li>Automated eligibility feeds.</li><li>No additional contracting required.</li><li>Multi-brand enrollment materials promoted directly to employees.<sup>4</sup></li></ul>	<ul style="list-style-type: none"><li>Dedicated account service team.</li></ul>	<ul style="list-style-type: none"><li>Claims-based billing.</li><li>Detailed-monthly progress report embedded in Cigna's Analytical Reporting Package.</li><li>Post-program health improvement and savings-report.</li></ul>

## PROVEN HEALTH OUTCOMES AND SAVINGS.



4.7%

average year-1 weight loss.<sup>5</sup>



4.2%

average year-2 weight loss.<sup>5</sup>



30%

reduced 5-year risk for diabetes.<sup>6</sup>



\$424<sup>7</sup> - \$972<sup>8</sup>

per member savings over 2 years.



To learn more, contact your Cigna account representative.



Offered by Cigna Health and Life Insurance Company or its affiliates.

Together, all the way.®



1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.
2. American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2017; Diabetes Care 2018 Mar; dci180007.
3. This is a discount program and is NOT insurance. Customers are required to pay the entire discounted charge. The Active & Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH), an independent company incorporated. Active & Fit Direct is a trademark of American Specialty Health, Incorporated.
4. Print available for added fee if low or no customer emails available.
5. Sepah SC, Jiang L, Peters AL. Long-Term Outcomes of a Web-Based Diabetes Prevention Program: 2-Year Results of a Single-Arm Longitudinal Study. J Med Internet Res. 2015;17(4). Weight loss results are from study participants only. Actual results may vary based on age, gender and other individual and demographic factors.
6. Sepah SC, Jiang L, Ellis RJ, et al. Engagement and outcomes in a digital Diabetes Prevention Program: 3-year update. BMJ Open Diab Res Care. 2017;5:e000422. doi10.1136/bmjdr-2017-000422. Initial Test Results - Cigna claims study with four clients. Results are not statistically significant. Limited Capability with restricted marketing and no Cigna value points. 7. Initial Test Results - Cigna claims study with four clients. Results are not statistically significant. Limited Capability with restricted marketing and no Cigna value points.
7. Initial Test Results - Cigna claims study with four clients. Results are not statistically significant. Limited Capability with restricted marketing and no Cigna value points. Omada Results Based on one client. Results not statistically significant. Clients are more likely to garner higher results like these with marketing and incentive strategy process and deployed. Individual client results may vary.
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