



Manage Your Blood Pressure

→ By Sleeping More and Managing Stress

Introduction



Firstname

Title

About me

- + <city, state>
- + <kids?>
- + <pets>
- + <grew up city, state>
- + <fun fact>



Introduction



Deidra

Omada Health Coach

About me

- + Live in Delaware with my husband, two kids and cat
- + Passionate about helping people achieve their best life through health and fitness
- + Enjoy the beach, spending time with family, and biking

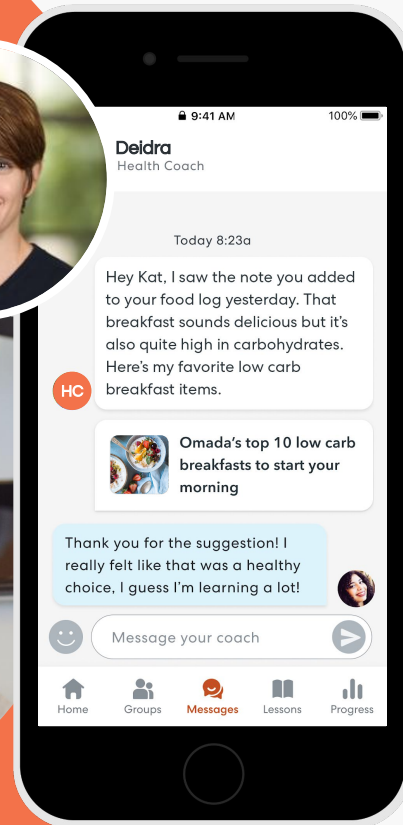


About Omada

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 780,000 members across the U.S.

→ omadahealth.com/XXXXXXXXXX





QUIZ:

Which chronic condition is often referred to as the silent killer?

High Blood Pressure



Agenda

- Part 1 **What is Blood Pressure?**
- Part 2 **Blood Pressure Categories**
- Part 3 **Some Good News**
- Part 4 **Stress & Sleep**





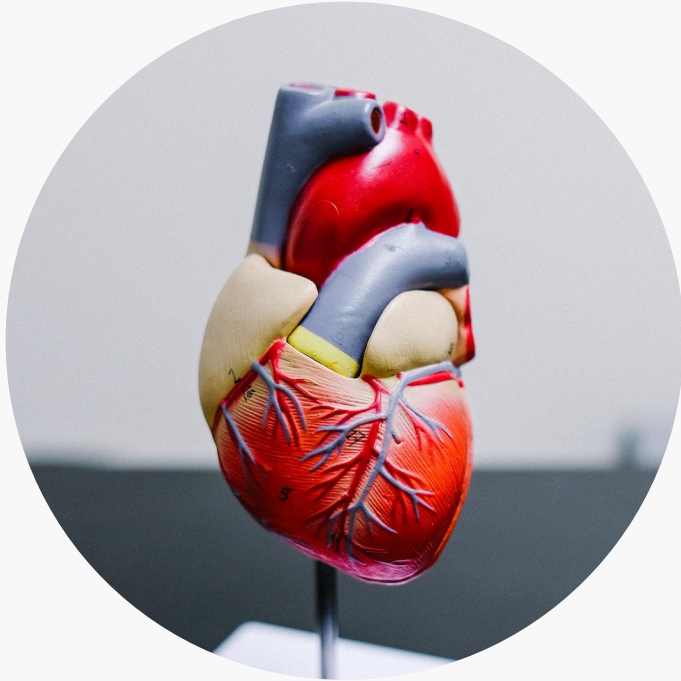
QUIZ:

What is blood pressure?

**A measure of the force of
blood inside our arteries.**



What is blood pressure?



120

Systolic

80

Diastolic

Blood Pressure Categories

Categories	Systolic mmHG (upper number)		Diastolic mmHG (lower number)
Hypertensive Crisis	Higher than 180	and/or	Higher than 120
Stage 2 Hypertension	140 or higher*	or	90 or higher*
Stage 1 Hypertension	130-139*	and	80-89*
Elevated	120-129	and	Lower than 80
Normal	Lower than 120	and	Lower than 80

*These numbers apply only to BP readings taken at a doctor's office. Corresponding numbers for at-home readings are slightly lower.



High Blood Pressure Stages



Stage 1

130-139 / 80-89 mm Hg

Stage 2

140 / 90 mm Hg

Crisis

180 / 120 mm Hg



The good news:
*Healthy habits can help
lower blood pressure.*







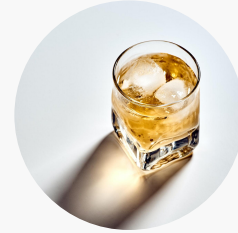
More Ways to Reduce your Risk



Healthy Weight



↓ Salt



↓ Alcohol



A closer
look at
*stress and
sleep*







Manage Your Blood Pressure

Stress





Ways to Better Manage Stress



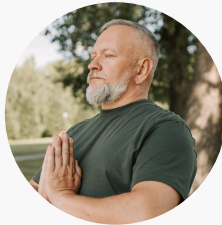
Say “no” and
delegate



Ways to Better Manage Stress



Say "no" and
delegate



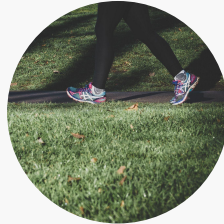
Breathe



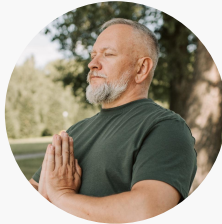
Ways to Better Manage Stress



Say "no" and
delegate



Stay active



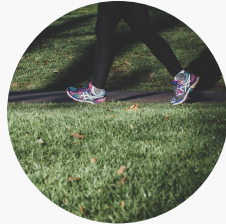
Breathe



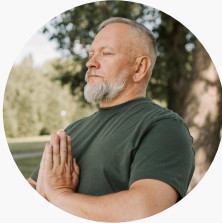
Ways to Better Manage Stress



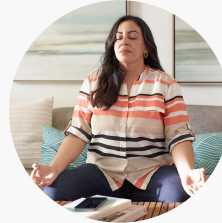
Say “no” and delegate



Stay active



Breathe



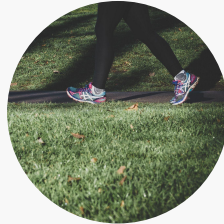
Do yoga or meditate



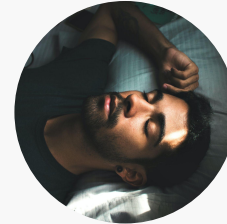
Ways to Better Manage Stress



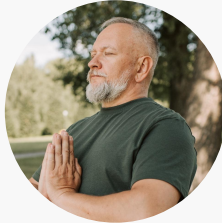
Say "no" and delegate



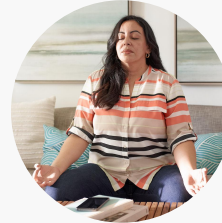
Stay active



Prioritize sleep



Breathe



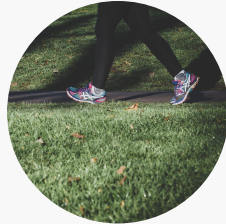
Do yoga or meditate



Ways to Better Manage Stress



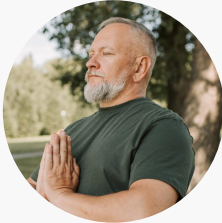
Say "no" and delegate



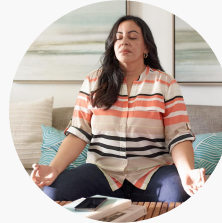
Stay active



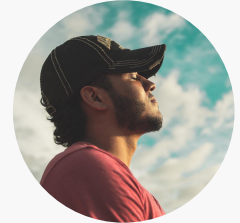
Prioritize sleep



Breathe



Do yoga or meditate



Adjust your point of view



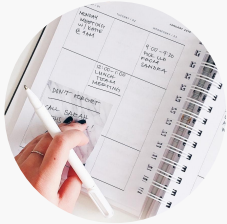
Manage Your Blood Pressure

Sleep





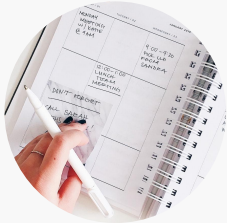
Ways to Improve Sleep Quality



Stick to a
schedule



Ways to Improve Sleep Quality



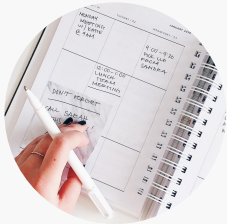
Stick to a
schedule



Create a
sleep cave



Ways to Improve Sleep Quality



Stick to a
schedule



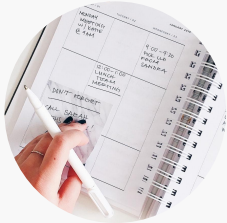
Be mindful
of caffeine



Create a
sleep cave



Ways to Improve Sleep Quality



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schedule



Be mindful
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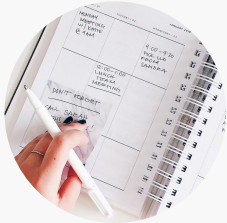
Create a
sleep cave



Stay active



Ways to Improve Sleep Quality



Stick to a schedule



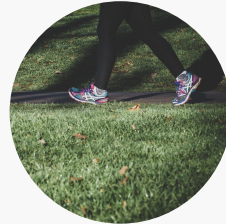
Be mindful of caffeine



Put a cap on naps



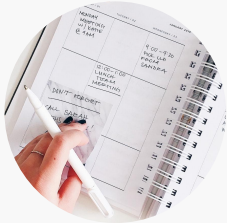
Create a sleep cave



Stay active



Ways to Improve Sleep Quality



Stick to a schedule



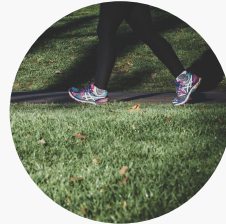
Be mindful of caffeine



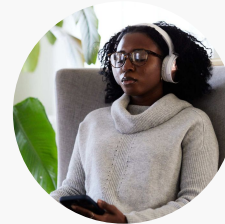
Put a cap on naps



Create a sleep cave



Stay active



Manage stress and worry



“

**I'm so much happier now,
I'm doing all these outdoor
things I absolutely missed...
it's really increased the
quality of my life.**

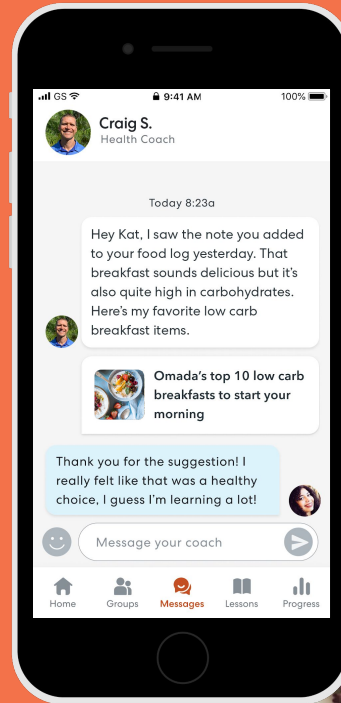
—

Barbara
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.

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.

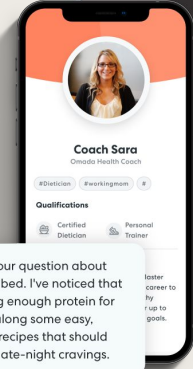
Program Features

- 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/xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]

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.

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

Personal Health Coach



Smart Scale



Omada for Diabetes

A program that helps you manage diabetes better, lose weight and reduce stress—valued up to \$1,700—at no cost to you.



Program Benefits

Prevent episodes of low and high blood glucose values; 24/7 glucose monitoring support is available

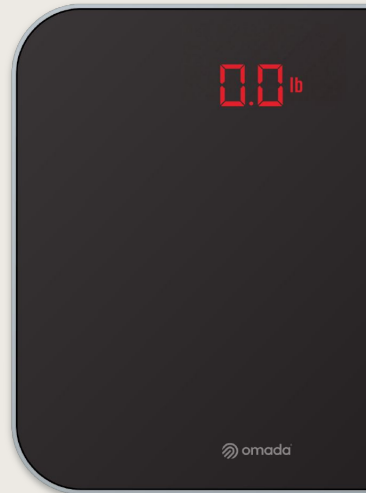
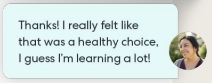
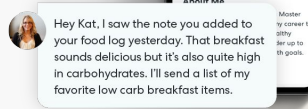
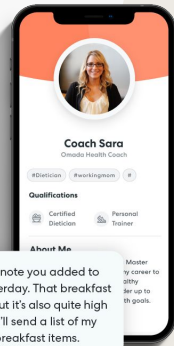
Reduce the risk of diabetes complications

Build problem-solving skills and learn how to self-manage, even reduce, medications

Get support to learn safe, lasting lifestyle changes

Program Features

- A personal health coach
- A certified diabetes specialist
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Plus, smart devices to monitor your blood glucose and track your progress. You keep them all.



Smart Scale (if clinically eligible)



Continuous Glucose Monitors††



Blood Glucose Meter

Apply at omadahealth.com/xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]



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



Omada for Diabetes

Disclaimers

† CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.

‡ The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury[VA1]. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

Apply at omadahealth.com/xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]



Omada for Hypertension

A program that helps you lower blood pressure, lose weight and reduce stress—valued up to \$1,400—at no cost to you.

\$0
to you

Program Benefits

Lower blood pressure and lose weight with small, lasting lifestyle changes.

Understand your numbers and what impacts your blood pressure.

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

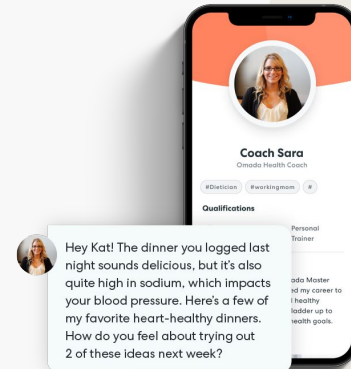
Program Features

- A personal health coach
- Clinical specialist
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Plus, smart devices to monitor your blood pressure and track your progress. Yours to keep!

Apply at omadahealth.com/xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]

Omada for Hypertension 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! 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!



Personal Health Coach



Smart Scale
(if clinically eligible)



Blood Pressure Monitor





Apply today at:

omadahealth.com/XXXXXX

-

Thank you!



Omada Marketing: PRC Cover Slide

Asset name: “Manage Your Blood Pressure” webinar and script

Marketing Author: Alicia Anderson, Jennifer Colyer

Submission Date: 3.31.2023

Review Date: 4.7.2023

PRC Member Name	Required?	Approved	Date
Virgilia Zabala (Clinical)	Mandatory	VZ	4.4.23
Lauren Perrin (Legal)	Mandatory	LP	4.10.23
Patrick Curry (Compliance)	Mandatory	PRC	5apr23

Checklist	Attestation	Author Initials
Reviewed the PRC process doc	I've reviewed the process and understand the tasks to follow	AA
Asset meets Medical Affairs Guidelines	I've reviewed and confirm use of data is from verified sources, and are in line with guidelines	AA
Asset meets Legal + Compliance Checklist	I've reviewed the L+C Checklist and confirm the asset meets all requirements	AA
Language Check	I've reviewed the L+C Language guidelines and am not using any prohibited words/phrases	AA
Omada Insights Lab Language	(If Applicable) I've reviewed the Omada Insights Lab Language document and am not using any prohibited words/phrases	AA
New Claims	I've added any new claims to the ' claims in review ' tab	AA
Existing and Updated Repository Claims	I've used only pre approved claims from the repository and checked the Claims Repository for updated numbers before submitting	AA
Added to the PRC Weekly Summary	I've added the document and necessary information to the PRC Weekly Summary	AA
No Further Changes	This is the most final draft, and will not be changed except for responding to PRC reviewers comments	AA
5 Day Turn Around	I acknowledge that it can take up to five business days for PRC to review this document	AA
Submitted to PRC	I emailed PRC with the document for review (PRC@OmadaHealth.com)	AA

New Claims

Claim

Source Link

Claim Location in Source

Claim	Source Link	Claim Location in Source