

EVERNORTH DIGITAL HEALTH FORMULARYSM

Diabetes Care: Digital diabetes prevention and obesity solution

Today's national epidemic, tomorrow's health care problem

 **2.3X higher**

Medical spend for those diagnosed with diabetes¹

- + Obesity substantially raises an individual's risk of developing type 2 diabetes, coronary heart disease and hypertension, among other serious conditions²
- + Obesity is costing us in direct medical spend and productivity costs

+

+

**146M**

adults in the U.S. are
overweight or obese³

+

+

1. American Diabetes Association 2. National Institutes of Health

3. Fryar CD, Carroll MD, Afful J. Prevalence of overweight, obesity, and severe obesity among adults aged 20 and over: United States, 1960–1962 through 2017–2018. NCHS Health E-Stats. 2020.



What if we could stop
chronic conditions
before they happen?



Support for those who need it the most



49%

of people in a lifestyle change program who lost **at least 5% of their body weight** see a significant medical cost savings due to a reduced risk for chronic diseases¹



58%

Downstream impacts of obesity, such as developing **type 2 diabetes** can be reduced with the adoption of healthy lifestyle changes through a program like ours²



1. Livongo program data 2. Institute for Clinical and Economic Review

Helping members get healthier and stay healthier

We'll step in to help members get healthier and stay healthier—that means less medical costs due to chronic diseases.



This solution is part of the **Evernorth Digital Health Formulary** and has been clinically reviewed by professionals from Express Scripts PBM and other Evernorth subsidiaries. After this full evaluation by our panel of pharmacists, physicians, user experience experts and health research PhDs, this product demonstrates safety, security and value for clients and members.



CELLULAR-CONNECTED
SCALE



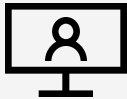
EVIDENCE-BASED
CURRICULUM



PERSONALIZED
COACHING



PERSONALIZED WEIGHT LOSS PROGRAM



VIRTUAL PEER SUPPORT COMMUNITY

Patient testimonials



**This program has
changed my life.**

My doctor was truly thrilled that I turned my health around through healthy lifestyle changes. The fact that I have kept the weight off is a miracle.”

Kathy G.

↓ 68lbs



**I’ve learned new habits
that help me live better ...**

It’s a lifestyle change I’ll do for the rest of my life.”

Riley Z.

↓ 222lbs

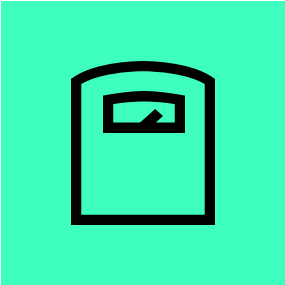


BEFORE



AFTER

Member avoids costly knee replacement



CASE STUDY

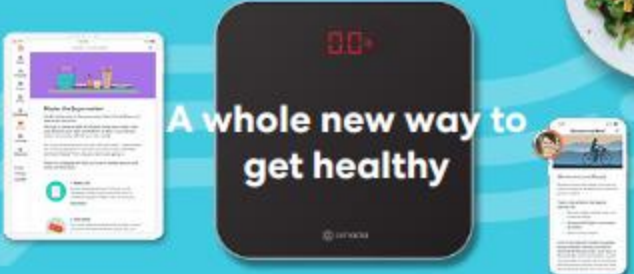
A 57-year-old man in Maryland with high cholesterol was invited to enroll in our Obesity Digital Solution. He weighed 254 pounds and was recently told that he likely needed knee replacement surgery.



CHALLENGE	SOLUTION	OUTCOME AFTER EIGHT MONTHS
Late to fill on his cholesterol medications and had an opportunity to lose weight. He had tried to lose weight for many years and had not been successful.	+ Paired program with a commercial provider delivering prepared meals to his home + Personalized coaching from registered dietitians, nutritionists and exercise physiologists + Started working out 3x a week	Avoided knee replacement surgery, which costs an average of \$57K and 4-6 months recovery time + Lost almost 35 pounds + Increased energy level “[The program is a] good reminder to keep eye on weight. Most programs don’t encourage weighing every day.”



Member communication samples



A whole new way to get healthy

Great news, <Name>:

You may be eligible for an exciting new program at **no additional cost to you**.

Introducing Omada®—a personalized program that surrounds you with the tools and support you need to lose weight and build healthy habits that last.

Personalized care. <All at no additional cost to you: If you are at risk for type 2 diabetes or heart disease and are eligible, <Company> will cover the entire cost of the program.>

Get started: Visit your custom website link at [omadahealth.com/express-scripts](#) to learn more. Enter your unique access code when you apply: <ABCDE-12345>

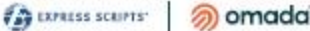
You'll get secure, 24/7 access to:

- An Omada health coach to keep you on track
- A wireless smart scale to monitor progress (and keep for good)
- A personalized dashboard to guide your journey
- An online community personalized to your interests

If you have any questions about the program, contact the Omada Support team at (888) 409-8687 or [support@omadahealth.com](#).

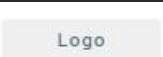
Act now and your welcome kit could arrive at your door in just 10 days.

Sincerely,
The Omada Health Support Team



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DIRECT MAILER





Better health

Gain a team of supporters on your side, 24/7



Omada is your all in one

Omada® is a personalized program that helps you move, sleep, and manage your life. We'll help you make a direct impact on your well-being, if you're eligible.

There's a big difference between knowing how to get healthy and actually doing it. Omada® provides the support and accountability you need to connect those dots. You'll get a personalized program that's based on science, backed by a professional health coach, supportive community, and easy-to-use technology.

Enter your unique access code when you apply: <ABCDE-12345>

Am I eligible?

EMAIL

Helping members get healthier and stay healthier

An estimated 97 million adults in the U.S. are overweight or obese¹—raising the risk of developing type 2 diabetes, coronary heart disease and hypertension. Using rigorous data analytics and clinical insights, we identify patients who are on a path toward a chronic condition and offer a member-friendly program encouraging a healthier lifestyle.



CELLULAR-CONNECTED
SCALE



EVIDENCE-BASED
CURRICULUM



PERSONALIZED
COACHING



PERSONALIZED WEIGHT
LOSS PROGRAM



VIRTUAL PEER
SUPPORT COMMUNITY

Specialized programs encouraging healthy lifestyle changes (diet and exercise) have **reduced downstream impacts of obesity, such as type 2 diabetes, by 58%²**

1. National Institute of Health; 2. National Institute of Diabetes and Digestive and Kidney Diseases