

Maria Sylvester

About

35 years of age / Married / 3 kids at home / Call Center Manager / Social Smoker / No time for physical activity

Challenges

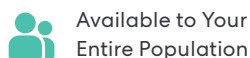
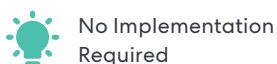
Type 2 Diabetes / Anxiety & Depression / Spends all day sitting / High-stress job / Financial stress / Overwhelmed with kids at home during COVID

Give Your Population Peace of Mind

Available at no cost to you or your population

Omada is a pioneer in sustainable behavior change and has continuously innovated our dynamic, human-centered program to provide more holistic, whole person care. Over the last month, more than a third of Americans have reported that COVID-19 has had a serious impact on their mental health, and we have seen many of our current participants reach out for mental health support in unprecedented numbers. Uncertainty, stress, depression, and anxiety are registering at all-time highs. Omada is uniquely positioned and able to provide behavioral health support in the form of 24/7, personalized digital care to help individuals—regardless of chronic disease risk—manage personal challenges in this moment of stress.

Our partnership with you is our top priority during this time. Omada would like to offer your organization our Behavioral Health program at no cost until the end of September to help serve even more of your population's needs using our available capacity.



“Stress and anxiety levels have been through the roof here lately and now with the added no school/no daycare and having to figure things out with work. It’s getting worse.”

—Current Omada participant

Participant Experience

Omada for Behavioral Health uses an evidence-based, transdiagnostic care model that leverages cognitive behavioral therapy (CBT), mindfulness, and distress tolerance techniques to reduce symptoms of challenges including anxiety, depression, and stress. These symptom reductions not only enhance the quality of participants’ lives but also improve their outcomes related to other health challenges they may be facing.

Participants will work directly with a dedicated mental health coach under the guidance of a licensed specialist (e.g. Licensed Clinical Social Worker). The dedicated coaches are uniquely positioned to recommend and guide participants through CBT, dialectical behavioral therapy (DBT), and mindfulness-based techniques tailored to a participant’s needs. Coaches will engage participants directly in the program via in-app coach messaging. In addition to ongoing coach support, participants have access to:

- **A care path tailored to fit their evolving needs at the pace that fits their life**
- **Techniques to build their coping and emotion regulation skills**
- **A toolbox of in-the-moment relief techniques**
- **Goal setting assistance to address barriers and build progress towards meaningful quality of life improvements**
- **24/7 crisis support and safety plan resources**

Through enrollment outreach materials, participants will be provided guidance on how to download the application and use a customer-specific access code to access the program. No-cost enrollment will be available as long as our capacity supports it. One short easy contract without implementation and you will be on your way to providing peace of mind to your population during this time.

Reach out to your Omada representative if you are interested in offering this to your population