

OMADA FOR HYPERTENSION®

Frequently Asked Questions



What is Omada for Hypertension?

Omada for Hypertension is a virtual program that makes it easier to manage your blood pressure and reach your health goals, whether that's losing weight or reducing stress. With expert support from a dedicated care team and smart devices to monitor your progress, you'll learn to make small changes that last—at your own pace—so you live healthier, feel better and have more energy.

How much does it cost?

If eligible, the program is at no cost to you (up to a \$1,400 value).

What does the dedicated care team do?

Your **personal health coach** is your main point of contact. They'll provide dedicated 1-on-1 support and guidance to help you lower your blood pressure, lose weight, and eat better, while cheering you on every step of the way. Your **clinical specialist** is available for any blood pressure-related questions and will help you understand your numbers and how to keep them under control.

What's the time commitment?

You can use the program as long as you need it and as long as it's offered by your employer or health plan. On average, members participate 1-2 hours per week.

What do I get as a member?

You get a program valued up to \$1,400—at no cost to you (if eligible).

- ✓ A personal health coach and clinical specialist
- ✓ A personalized care plan
- ✓ Tools for managing stress
- ✓ Online peer group and communities

Plus, you get smart devices to monitor your blood pressure and track your progress. You keep them all.

- ✓ Blood pressure monitor
- ✓ Smart scale (if clinically eligible)

Who is eligible for this program?

If you have high blood pressure and you have medical benefits through Gannett, you are eligible to enroll in this program.



Get Started on Jan 1

Scan the code using your mobile device or visit the website below.

omadahealth.com/gannett



Why is managing blood pressure important?

Without taking steps to manage it, high blood pressure can increase your risk of stroke and heart attack. Omada will help you find ways to lower your blood pressure outside of just medication (like tips for nutrition, stress, and sleep). By tracking your blood pressure with your connected blood pressure monitor, your care team will help you understand health trends, so you can start making simple changes to control your numbers.

I already see my doctor about my high blood pressure. Do I still need Omada?

If you are already seeing your doctor about high blood pressure, Omada supports your doctor's current treatment plan. In fact, Omada can be your day-to-day support. By monitoring your progress over time, you'll be able to share your progress with your doctor.

Will my information be safe?

Omada takes your personal health information seriously. Your participation in the program is confidential and we follow all federal and state privacy regulations as a health care provider. To learn more, please read [Omada's Privacy Policy](#), [Terms of Use](#) and [Notice of HIPAA Privacy Practices](#) (Found at the bottom of the Omada Health home page).

Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be eligible.

How do I get started?



Questions?

If you are currently a member, you can email support@omadahealth.com, call (888) 409-8687, or check out our help center articles at support.omadahealth.com



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Omada for Hypertension® is available at no cost to you when covered by your employer or health plan.

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

Images, including apps, do not reflect real members or information about a specific person.