



# Clinical Eligibility Criteria

We strive to make it as easy as possible for individuals to see if they're eligible through a simple application process.



Applicants complete our **quick online application** to assess if they meet clinical inclusion criteria and whether they have any clinical exclusion criteria (i.e. medical conditions that would preclude participation).

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Any participant whose medical condition changes during the program, such that they begin to meet the applicable exclusion criteria, may be required to stop actively participating in the program and/or obtain medical clearance from their health care provider to continue.\*



INCLUSION CRITERIA The following are required.		Omada for Prevention		
1	Age	18+		
2	BMI	<b>Overweight</b> BMI $\geq 25$ , or $\geq 23$ if Asian descent		
3	At least one qualifying factor	BMI $\geq 27$	Dyslipidemia	Hypertension
		Prediabetes	Tobacco Use	

## Risk Factors Defined

1. **Elevated waist circumference**
  - a. BMI  $\geq 27$  is used as a proxy measure for elevated waist circumference, which is a risk factor for metabolic syndrome
2. **Prediabetes** (*one or more of the following*)
  - a. Biometric:
    - i. A1C: 5.7-6.4%
    - ii. Fasting Blood Glucose: 100-125 mg/dL
    - iii. Oral Glucose Tolerance Test: 140-199 mg/dL
  - b. Diagnosis:
    - i. Self-reported diagnosis of prediabetes within the past year
    - ii. Self-reported previous diagnosis of gestational diabetes
  - c. Risk Screener:
    - i. Omada Prediabetes Screening Test Score  $\geq 9$
3. **Hypertension** (*one or more of the following*)
  - a. Biometric:
    - i. SBP  $\geq 130$
    - ii. DBP  $\geq 80$
  - b. Diagnosis:
    - i. Self-Report of Hypertension or High Blood Pressure
    - ii. Takes medications to control blood pressure
4. **Dyslipidemia** (*one or more of the following*)
  - a. Biometric:
    - i. LDL  $> 130$  mg/dL
    - ii. HDL  $< 40$  mg/dL in Men;  $< 50$  mg/dL in Women
    - iii. Triglycerides  $\geq 150$  mg/dL
    - iv. Total Cholesterol  $\geq 200$  mg/dL - non-HDL-C  $\geq 160$  mg/dL
  - b. Diagnosis:
    - i. Self-reported diagnosis of high or abnormal cholesterol
    - ii. Takes medications to control cholesterol
5. **Tobacco Use**
  - a. Self-reported current or previous tobacco use

## Exclusion Criteria

Any one of the following excludes an applicant from being eligible to start or continue the Omada program.

1. Does not meet inclusion criteria set forth above
2. Has type 1 diabetes or type 2 diabetes
3. Current pregnancy or postpartum (within 4 weeks)
4. Has an eating disorder such as anorexia or bulimia (not including binge-eating disorder) for which he/she has received treatment in the past 12 months
5. Has had any of the following and has not received medical clearance from provider to exercise:
  - a. Transient ischemic attack or stroke
  - b. Heart attack (myocardial infarction)
  - c. Hospitalization for congestive heart failure
  - d. Cardiac surgery (such as coronary artery bypass grafting (CABG), coronary artery stenting)
6. Bariatric/gastric bypass surgery, including gastric sleeve, gastric balloon within the past 6 months
7. On dialysis treatment
8. Other medical or psychiatric conditions that preclude ability to participate in the program as determined by the Omada program



INCLUSION CRITERIA	Omada for Hypertension <sup>1</sup>
1 Age	18+
2 Primary Criteria	Hypertension

## Primary Criteria Defined

1. **Hypertension**
  - a. Biometric:
    - i. SBP  $\geq$ 130
    - ii. DBP  $\geq$ 80
  - b. Diagnosis:
    - i. Self-Report of Hypertension or High Blood Pressure
    - ii. Takes medications to control blood pressure

## Exclusion Criteria

Any one of the following excludes an applicant from being eligible to start or continue the Omada program.

1. Does not meet inclusion criteria set forth above
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3. Has an eating disorder such as anorexia or bulimia (not including binge-eating disorder) for which he/she has received treatment in the past 12 months
4. Has had any of the following and has not received medical clearance from provider to exercise:
  - a. Transient ischemic attack or stroke
  - b. Heart attack (myocardial infarction)
  - c. Hospitalization for congestive heart failure
  - d. Cardiac surgery (such as coronary artery bypass grafting (CABG), coronary artery stenting)
5. Has had any of the following and has not received medical clearance from provider to participate in Omada:
  - a. Organ transplant (kidney, liver, etc.) within the past 6 months
  - b. Recent cancer treatment such as major cancer surgery or chemotherapy (not including hormone therapy or immunotherapy)
6. Bariatric/gastric bypass surgery, including gastric sleeve, gastric balloon within the past 6 months
7. On dialysis treatment
8. Other medical or psychiatric conditions that preclude ability to participate in the program as determined by the Omada program
9. Applicable only to individuals with type 1 diabetes, any of the following are exclusionary:
  - a. Participant does not have a health care practitioner managing their diabetes care
  - b. New onset insulin deficiency associated with acute pancreatitis in the last 6 months
  - c. Hospitalization for DKA or hypoglycemia in the last 6 months
  - d. Co-morbidity requiring high-dose glucocorticoids ( $>15$  mg/day)
  - e. Use of "self-constructed automated insulin pump system" pump



INCLUSION CRITERIA	Omada for Diabetes <sup>1</sup>
1 Age	18+
2 Primary Criteria	Type 1 or Type 2 Diabetes

## Primary Criteria Defined

Assessed via self-report on participant application or via existing clinical documentation (i.e. biometric screening, claims data, electronic health record) as provided by the client.

1. **Diabetes** (one or more of the following)
  - a. Biometric/lab values:
    - i. A1C: 6.5% or above
    - ii. Fasting Blood Glucose: 126 mg/dL or above
    - iii. Oral Glucose Tolerance Test: 2 hr value after 75 grams of glucose of 200 mg/dL or above
  - b. Approved Health Plan or Qualified Healthcare Professional (QHCP)-supplied diagnosis or high-risk determination of diabetes
  - c. Self-reported diagnosis of type 1 or type 2 diabetes

## Exclusion Criteria

Any one of the following excludes an applicant from being eligible to start or continue the Omada program.

1. Does not meet inclusion criteria set forth above
2. Current pregnancy or postpartum (within 4 weeks)
3. Has an eating disorder such as anorexia or bulimia (not including binge-eating disorder) for which he/she has received treatment in the past 12 months
4. Has had any of the following and has not received medical clearance from provider to exercise:
  - a. Transient ischemic attack or stroke
  - b. Heart attack (myocardial infarction)
  - c. Hospitalization for congestive heart failure
  - d. Cardiac surgery (such as coronary artery bypass grafting (CABG), coronary artery stenting)
5. Has had any of the following and has not received medical clearance from provider to participate in Omada:
  - a. Organ transplant (kidney, liver, etc.) within the past 6 months
  - b. Recent cancer treatment such as major cancer surgery or chemotherapy (not including hormone therapy or immunotherapy)
6. Bariatric/gastric bypass surgery, including gastric sleeve, gastric balloon within the past 6 months
7. On dialysis treatment
8. Other medical or psychiatric conditions that preclude ability to participate in the program as determined by the Omada program
9. Applicable only to individuals with type 1 diabetes, any of the following are exclusionary:
  - a. Participant does not have a health care practitioner managing their diabetes care
  - b. New onset insulin deficiency associated with acute pancreatitis in the last 6 months
  - c. Hospitalization for DKA or hypoglycemia in the last 6 months
  - d. Co-morbidity requiring high-dose glucocorticoids (>15 mg/day)
  - e. Use of "self-constructed automated insulin pump system" pump



# Omada for Hypertension & Diabetes

INCLUSION CRITERIA The following are required.	Omada for Hypertension <sup>1</sup>	Omada for Diabetes <sup>2</sup>	Omada for Diabetes + Hypertension <sup>1,2</sup>
1 Age	18+		
2 Primary Criteria	Hypertension	Type 1 or Type 2 Diabetes (Diabetes)	Diabetes Hypertension

## Primary Criteria Defined

Assessed via self-report on participant application or via existing clinical documentation (i.e. biometric screening, claims data, electronic health record) as provided by the client.

1. **Hypertension**
  - a. Biometric:
    - i. SBP  $\geq$ 130
    - ii. DBP  $\geq$ 80
  - b. Diagnosis:
    - i. Self-Report of Hypertension or High Blood Pressure
    - ii. Takes medications to control blood pressure
2. **Diabetes** (one or more of the following)
  - a. Biometric/lab values:
    - i. A1C: 6.5% or above
    - ii. Fasting Blood Glucose: 126 mg/dL or above
    - iii. Oral Glucose Tolerance Test: 2 hr value after 75 grams of glucose of 200 mg/dL or above
  - b. Approved Health Plan or Qualified Healthcare Professional (QHCP)-supplied diagnosis or high-risk determination of diabetes
  - c. Self-reported diagnosis of type 1 or type 2 diabetes

## Exclusion Criteria

Any one of the following excludes an applicant from being eligible to start or continue the Omada program.

1. Does not meet inclusion criteria set forth above
2. Current pregnancy or postpartum (within 4 weeks)
3. Has an eating disorder such as anorexia or bulimia (not including binge-eating disorder) for which he/she has received treatment in the past 12 months
4. Has had any of the following and has not received medical clearance from provider to exercise:
  - a. Transient ischemic attack or stroke
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  - b. New onset insulin deficiency associated with acute pancreatitis in the last 6 months
  - c. Hospitalization for DKA or hypoglycemia in the last 6 months
  - d. Co-morbidity requiring high-dose glucocorticoids ( $>15$  mg/day)
  - e. Use of "self-constructed automated insulin pump system" pump