

Diabetes Prevention Program

Support for members to improve their health over the long term



A valuable resource is now available for members to use to improve their health – the Diabetes Prevention Program. Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) provide qualifying members access to this free program for support and resources that can make a life-changing difference.

This program combines the science of behavior change with unwavering personal support. It inspires healthy habits in support of individual long-term goals. The 16-week online program offers a flexible behavior-changing curriculum that focuses on weight management and exercises that members can adopt and stick with. It's an approach shown to reduce risk factors for type 2 diabetes and heart disease.

Why participate?

- Access for an entire year at no cost to members who qualify.
- Expert health coaching – one-on-one support from a professional health coach.
- Small group support of peers – participants are matched in a private online environment based on age, body mass index (BMI) and location.
- Behavior change curriculum and resources – scientifically supported curriculum as well as weekly educational resources for better eating, fitness, sleep, and stress management.
- Personal challenges to boost progress.

Who should participate?

Omada is available to Health Net members who are enrolled in one of the following plans and are at risk for type 2 diabetes or heart disease.

Individual & Family Plan (IFP) and Small Business Group (SBG) plans through Covered California™ or directly through Health Net:

- IFP – HMO, HSP, EPO, or EnhancedCare PPO
- SBG – PPO or EnhancedCare PPO

How can members get started?

Three easy steps are all it takes for members to start the program:

1. Go to www.omadahealth.com/hncoveredca.
2. Select *Am I Eligible?* and answer the questions.
3. If the member is eligible, an acceptance email will be sent to them and they should follow the email instructions to complete their account setup.

Questions

Members

Omada Participant Help-line:
1-888-409-8687
Monday through Friday,
8:00 a.m. to 6:00 p.m. Pacific time

Providers

Health Net Provider Services Centers:
• Enhanced Care PPO – **1-844-463-8188**
• Employer Group – **1-800-641-7761**
• IFP (CommunityCare HMO, PPO, PureCare HSP, PureCare One EPO) – **1-888-926-2164**