

## Allegiance Product Spotlight

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Each month we will feature one of our preferred vendor partners and their products & programs.

Register for the upcoming webinar here or scroll down to learn more about Omada and how they would benefit your employees and their families.

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[Omada Health](#) is a virtual healthcare provider that supports Cigna and Allegiance members with cardiometabolic care between doctor visits. Our human-led care teams help members build sustainable habits across Hypertension, Diabetes Management, and the Diabetes Prevention Program, combining connected devices, personalized plans, and digital tools that fit into real life.

Every member is supported by a real care team of health coaches and clinical specialists, while technology and AI are used to enhance the member experience – not replace human support. Members receive connected devices, a personalized care plan, and access to supportive peer communities so they can focus on eating better, moving more, managing blood sugar or blood pressure, and staying on track with medications.

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### What services Omada provides

Omada offers a suite of cardiometabolic programs that can be added as a turnkey benefit alongside existing medical and wellness offerings:

- **Omada for Hypertension** – supports members in monitoring and managing high blood pressure with connected devices, tailored goals, and one-to-one coaching.
- **Omada for Diabetes Management** – helps members with diabetes improve glucose control and build sustainable lifestyle habits, with access to Certified Diabetes Care and Education Specialists (CDCES).
- **Omada Diabetes Prevention Program** – helps at-risk members prevent or delay the onset of diabetes through weight management, activity, nutrition, and behavior change support.

Across all programs, Omada provides:

- **Connected hardware** (such as cellular scales and blood pressure cuffs) for easy biometric tracking.
- **Core behavior change tools** focused on food, activity, sleep, mindset, and medication support.
- **One-to-one** coaching, digital lessons, and community support to keep members engaged between doctor visits.

## What makes Omada stand out

**Multi-condition support through one partner:** Omada delivers coordinated care across Hypertension, Diabetes Management, and the Diabetes Prevention Program, simplifying vendor management and member experience.

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**Human care teams at the center:** Health coaches and clinical specialists lead the care experience, with technology and AI used to make support more convenient, personalized, and timely – not to replace people.

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**Provider-level standards and accreditation:** Omada is nationally accredited, including NCQA Population Health Program accreditation for Diabetes and Hypertension and ADCES Diabetes Education Accreditation Program accreditation for the Diabetes program.

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**Proven clinical outcomes and evidence base:** Omada's cardiometabolic programs are backed by 30 peer-reviewed studies and real-world results across weight, A1C, and blood pressure.

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**Scaled experience:** With more than 14 years of experience and over 1.4 million individual care journeys, Omada brings both clinical rigor and operational maturity.



## Metrics and results

**5.5%**

average weight reduction at 12 months for members in Omada's prevention & weight health program

**2%**

average A1C reduction at 12 months for members starting with A1C  $\geq$  8% in the Diabetes program

**30+**

peer-reviewed studies validating clinical & economic outcomes across chronic conditions

**10.3 mmHg systolic & 7.5 mmHg diastolic blood pressure reductions**  
at 12 months for members with stage 2 hypertension

## OmadaSpark and AI-powered member tools

Omada uses AI to make the member experience easier and more engaging:

**OmadaSpark AI support** – members can chat with OmadaSpark anytime for quick nutrition tips, ideas to handle real-world challenges (like travel or holidays), and extra motivation between coach check-ins.

**Flexible meal tracking** – members can log meals by snapping a photo, scanning a barcode, or describing what they ate, reducing the burden of manual tracking.

**Instant food feedback** – Omada's Meal Map provides immediate feedback and weekly summaries to help members see patterns and identify simple changes that can have a big impact.

**AI translation support** – members can communicate with their care team in many languages through AI-assisted translation, improving access for diverse populations.

These tools are designed to enhance the human-led experience and help members stay connected between visits

## Specific information for Allegiance clients

**Eligible populations:** Omada can support adult members who meet clinical criteria for Hypertension, Diabetes, and Diabetes Prevention (prediabetes or elevated risk). Specific eligibility details can be tailored for each Allegiance group.

**Simple implementation:** All Omada cardiometabolic programs can be implemented in about 45 days, using claims-based billing so clients can add Omada with minimal administrative lift.

**Care model:** Members interact with their care teams through secure messaging, regular check-ins, and digital lessons in the Omada app, with connected devices sending data automatically when used as directed.

**Outcomes visibility:** Clients receive reporting on engagement and clinical outcomes, with a focus on meaningful measures like weight change, A1C improvement, and blood pressure reduction.

Access the [Allegiance Omada Resource Hub Here](#)



### Ready to Learn More?

Join us for an informational webinar to learn more about Omada and how they would benefit your employees and their families.

**Tuesday, June 16, 2026**  
**10:00-11:00 AM MDT**

Register for the Webinar

Contact your Allegiance Account Executive to learn more or to request member-facing communication materials.

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