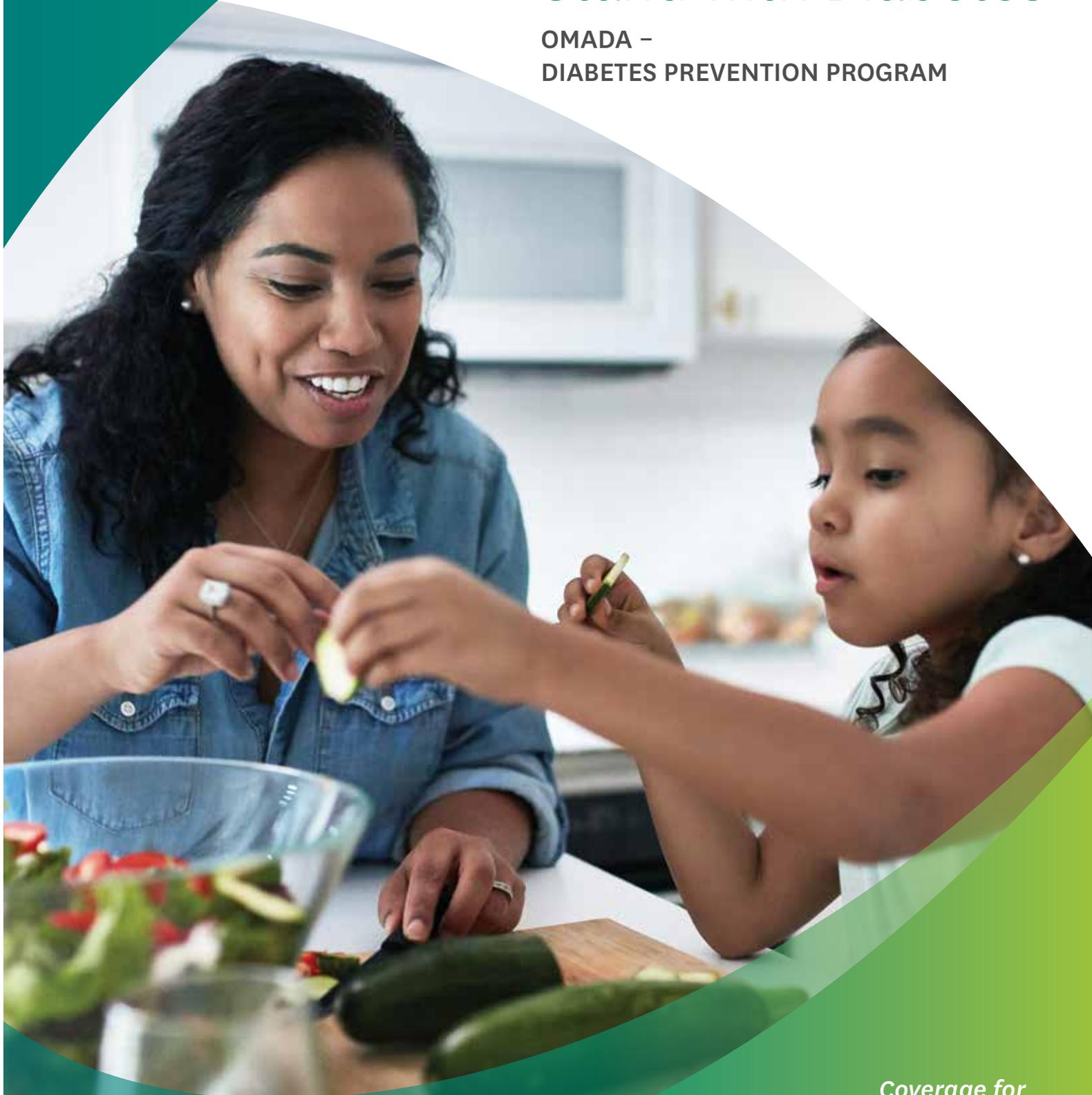


Know Where You Stand with Diabetes

OMADA –
DIABETES PREVENTION PROGRAM



Coverage for
every stage of life™

Your Path Starts with Useful Information

If you're concerned about diabetes and want helpful ways to reduce your risk, Omada offers preventive information to help you pursue a healthy, meaningful life.



Omada is Health Net's Diabetes Prevention Program partner for all products available on the exchange available on the Covered California site. Please contact Health Net customer service at XXX-XXX-XXXX, for additional Diabetes Prevention Programs that may be within your plan.

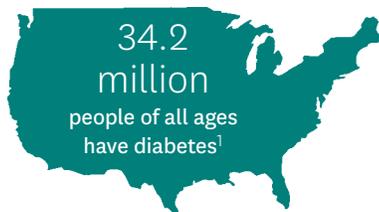
What Is Diabetes All About?

There are many types of diabetes. The more you know about diabetes, and all its forms, the better you can manage your condition and pursue a healthy lifestyle.

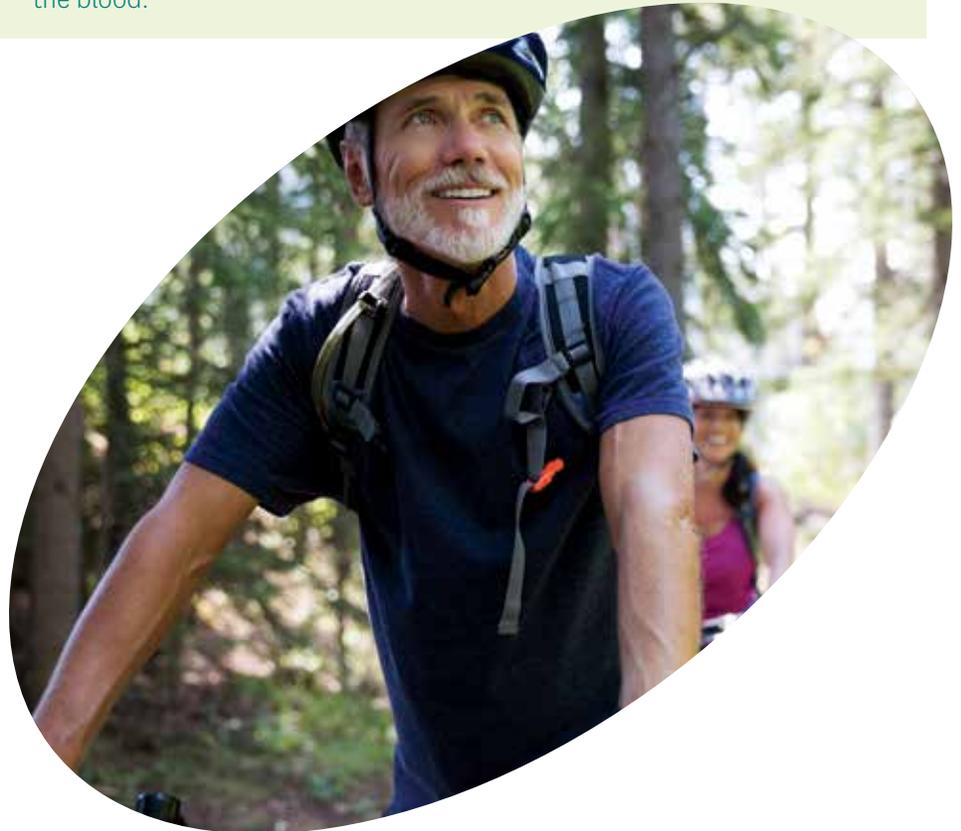
Types of diabetes

- **Type 1:** The body makes little or no insulin. [More type 1.](#)
- **Type 2:** The body makes insulin but can't use it well. [More type 2.](#)
- **Gestational:** A type of diabetes that can develop during pregnancy in women who don't already have diabetes. [More gestational.](#)
- Prediabetes is when your blood sugar level is higher than it should be, but not high enough for your doctor to diagnose diabetes. If you have type 2 diabetes, you likely had prediabetes first.
- Insulin is a hormone that lowers the level of glucose, a type of sugar, in the blood.

You're not alone



That's about 1 out of every 10 people



¹National Diabetes Statistics Report, Estimates of Diabetes and Its Burden in the United States, Fast Facts on Diabetes, www.cdc.gov/diabetes/data/statistics-report/index.html, 2020

What does diabetes mean for your health?

Normal functioning insulin process

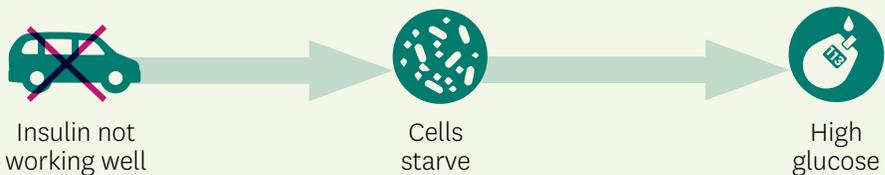
When you eat, your food breaks down into tiny parts. Insulin moves this food to your cells to nourish them.



While there is no cure for diabetes, you can treat and control your condition.

Type 2 Diabetes food and energy processing

Without insulin, your cells starve and the food you've eaten spills over into your blood, causing high glucose levels.



Help prevent your diabetes with Omada

Omada is an innovative, **16-week program** designed to help you lose weight. It can also help to reduce behavioral risk factors for developing type 2 diabetes.

Over the course of 16 weeks, we present positive behaviors in 4 phases:

1. **Changing Food Habits;**
2. **Increasing Activity Levels;**
3. **Preparing for Challenges; and**
4. **Reinforcing Healthy Choices.**

You get access to:

- **A personal health coach for one-on-one advice.**
- **Weekly online lessons to educate and inspire.**
- **A wireless scale that tracks your success.**
- **A small group of participants who provide support.**

Omada is available across a variety of Health Net health plans, at no cost to you. Please check to ensure your plan offers Omada! [<link>](#)



Check out these informative links to helpful facts about diabetes.

The more you know, the more options you have to live well with diabetes.

- More benefits of the Omada program [Omada](#)
- Why manage diabetes? [WhyManageDiabetes](#)
- What are the risks of not managing diabetes? [RisksNotManaging](#)
- What are some complication from diabetes? [Complications](#)
- Preventive care for diabetes [PreventiveCare](#)
- Stay active [StayActive](#)
- Eat well [EatWell](#)
- Decision Power® Disease Management from Health Net [DecisionPower](#)



Managing your blood glucose, as well as your blood pressure and cholesterol, can help prevent the health problems that can occur when you have diabetes.

Types of diabetes

THE BODY MAKES INSULIN BUT CAN'T USE IT WELL.

Being very overweight can also make it hard for the cells to respond to insulin, and the body reacts by releasing more insulin. **Type 2 diabetes** is the most common form of diabetes. With this disorder, the pancreas can initially produce insulin, but your body's cells can't respond to it effectively. This is known as insulin resistance. The [CDC Trusted Source](#) notes that 90 to 95 percent of diagnosed cases are type 2 diabetes.

Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don't already have diabetes. Every year, 2 to 10 percent of pregnancies in the United States are affected by gestational diabetes. Managing gestational diabetes will help make sure you have a healthy pregnancy and a healthy baby.

THE BODY MAKES LITTLE OR NO INSULIN.

Type 1 diabetes is a chronic autoimmune disease in which the beta cells in the pancreas create little to no insulin, and accounts for 5% to 10% of all diabetes cases. Previously known as juvenile diabetes, type 1 diabetes is usually diagnosed in childhood. Only about **5 percent** of people with diabetes have type 1, estimates the ADA.

While factors such as genetics and certain viruses may contribute to this disease, its exact cause is unknown. There's no current cure or any known prevention, but there are treatments to help manage symptoms.

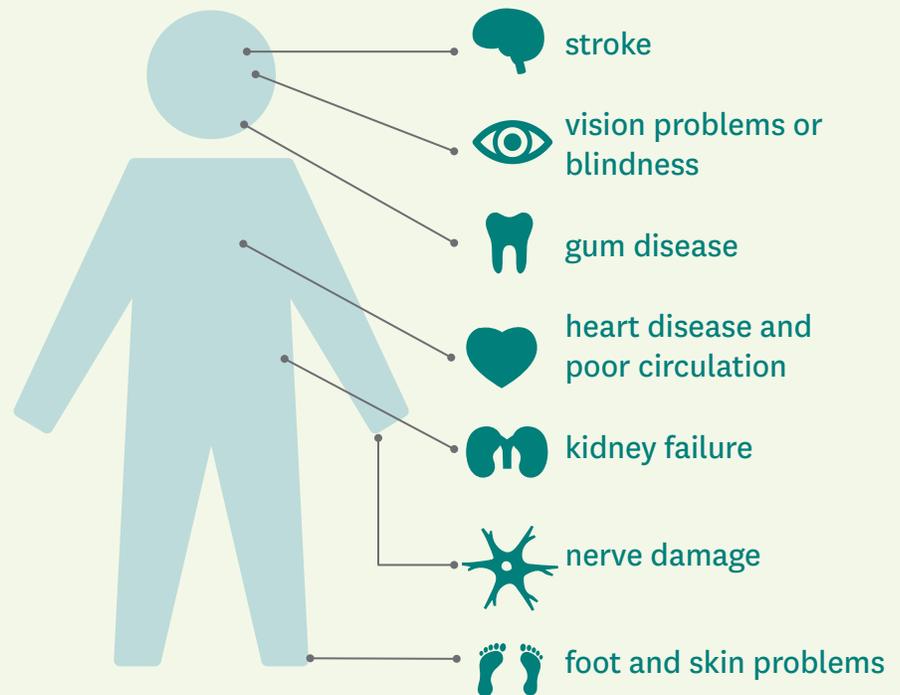


The goals of managing diabetes are to:

- Keep your blood glucose levels as near to normal as possible by balancing food intake with medication and activity.
- Maintain your blood cholesterol and triglyceride (lipid) levels as near the normal ranges as possible.
- Control your blood pressure. Your blood pressure should not go over 140/90.
- Decrease or possibly prevent the development of diabetes-related health problems.

What are the health risks of not managing diabetes?

Without proper care, diabetes can lead to severe health problems in many parts of the body.





Microvascular complications include damage to:

- **Eyes (retinopathy) leading to blindness.**
- **Kidneys (nephropathy) leading to renal failure.**
- **Nerves (neuropathy) leading to erectile dysfunction and diabetic foot disorders (which include severe infections leading to amputation).**

Complications of diabetes

Macrovascular disease is a disease of any large (macro) blood vessels in the body. It is a disease of the large blood vessels, including the coronary arteries, the aorta, and the sizable arteries in the brain and in the limbs. This sometimes occurs when a person has had diabetes for an extended period of time.

Blood sugar damages blood vessels

- High levels of blood sugar interfere with messages that tell your blood vessels to relax or expand. This controls blood flow to your body and organs. When the arteries can't relax, they narrow, and less blood, oxygen and nutrients can get through to tissues. Without these, organ tissues get weak and, over time, fail. The parts of the body that are most often damaged are the eyes, heart, kidneys and feet. The most common side effects are vision loss, heart attack, stroke, kidney failure and foot sores that don't heal.
- These side effects progress slowly. So slowly, that often you won't feel any symptoms and you may not notice what is going on. That's why it's so important to see your doctor on a regular schedule even if you feel fine.





Preventive care

Regular screenings can catch problems early when preventive action will have the greatest impact. There are several diabetes tests you should have on a regular basis to help monitor your progress and overall health. Talk to your doctor about which follow-up exams are right for your condition.

The American Diabetes Association recommends the following for people with diabetes:

Tests and follow-Up exams	How often
AIC	2 to 4 times a year
Comprehensive dilated eye exam	Once a year
Foot exam	Every visit
Urine test for microalbuminuria	Once a year
Blood pressure	Every visit
Cholesterol and blood lipids	Once a year
Flu shot	Once a year
Pneumonia vaccine	Once; people under 65 who have a chronic illness or a weakened immune system should ask their doctor about getting another shot 5–10 years after their first one.



Stay active

Staying active is a good way to manage your diabetes and improve your overall health. Always talk to your doctor first about the types and amounts of exercise that are best for you.

Five good reasons to stay active:

1. Helps control blood sugar levels.
2. Lowers risk of heart disease and nerve damage.
3. Helps maintain a healthy body weight.
4. Improves sleep and bowel functions.
5. Enhances mental health and mood.

Eat Well

Eating a proper diet is key to keeping your diabetes in control. Your blood sugar levels are changed by what you eat, when you eat and how much you eat. Work with your doctor or dietitian (person who is an expert in the use of food) to create a meal plan that's right for you.

Decision Power® Disease Management

Decision Power is ready to help you live well with your diabetes and other chronic conditions. Enrollment is voluntary and you will be guided to services that meet your health needs. Care managers help members manage their chronic condition. They can help you set up a care plan and strategy for living well with your condition. To learn more, call the Customer Contact Center number on the back of your ID card, or call Decision Power® directly at **1-800-893-5597**.

YOU ARE ELIGIBLE FOR A FREE GLUCOSE METER!

To make sure your test strips are covered ask your doctor or pharmacist if a FreeStyle or OneTouch meter is optimal for you. You can order:

- a FreeStyle Lite or FreeStyle Freedom Lite meter by calling 866-224-8892 or going to <http://www.choosefreestyle.com> (order code: 9S1RXPR2), or
- OneTouch Verio, Verio Flex, or Verio IQ by calling 855-872-6391 or going to <http://www.onetouch.orderpoints.com> (order code 102HNET01).

Free!



Member Discounts

You may be looking to be kinder to your body this year and add more exercise and healthy eating into your routine. Research shows that being able to do these with others can increase your chances of success. Did you know that as a Health Net member you may have special member discounts? A few that might be of interest to you are discounts for:



- **Gym membership**

Your Health Net health plan may include the Active&Fit Direct™ program, which offers a discount rate to over 9,000 fitness centers across the country for just \$29.99. You must sign up for 3 months.



- **Weight Watchers®**

Health Net has joined forces with Weight Watchers (WW) to offer special savings on certain health plans on these two weight loss programs:

- Online WW program and in-person workshops
- Online WW program only.

For more details on these and other member discounts, login to Healthnet.com and find “*Healthy Discounts*” under the Wellness Center tab.



More benefits of Omada:

- Helps pre-diabetics lose weight.
- Lessens the risk of type 2 diabetes and heart disease.
- Weekly lessons, weigh-ins, food and movement trackers.
- Peer group and your own health coach to support and motivate you.
- Learn and refine skills and habits.
- Weight loss for those who complete the program is greater than 4 percent of body weight, on average.
- Diabetes and cardiovascular disease risk is greatly reduced.

Members have access to Decision Power through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company (Health Net).

Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees.

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