Omada

Virtual diabetes prevention

Omada® is a personalized program to help members lose weight and create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.

How it Works

You will complete a five-minute assessment about your health history to determine if you meet the criteria to participate in the prevention program. Once your eligibility is confirmed, you can access:

- Personalized support from a health coach
- Motivation from online peer groups
- Tools for managing stress to ensure a healthy mindset
- Weekly interactive lessons, tips and recipes

All members receive a welcome kit.* The welcome kit includes your own easy-to-use scale, shipped directly to your door. The scale readings sync automatically to your account and help you see how habits can impact weight over time.

Diabetes Prevention Program (DPP) services are a benefit covered at 100% to you or your adult family members at risk for Type 2 diabetes and enrolled in a Blue Cross Blue Shield of North Dakota group health plan. If you wish to participate in a DPP program offered by your local health care provider, please check to see if these services are eligible for 100% coverage. DPP services provided by Omada are covered at 100%.

How to Access

1. Create an account or log in to BCBSND.me
2. Click Benefits.
3. Click All Benefits.
4. Find Omada.
5. Follow the steps under “How to Get Started.”

Scan or visit BCBSND.me to register online
You can also download the app for iOS or Android.

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

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.
Omada Health is an independent company that provides health coaching services on behalf of BCBSND.