



 HYPERTENSION MANAGEMENT

## AN EASIER WAY TO MANAGE BLOOD PRESSURE

Lose weight, gain energy, and lower high blood pressure with a plan built around you.



# Reduce your risk of heart disease

Get support to develop lifelong healthy habits to manage high blood pressure.

Omada for Hypertension Management is a virtual program that makes it easier to manage your blood pressure and reach your health goals.

## ONE-ON-ONE SUPPORT

With expert support from a dedicated Omada care team and smart devices to monitor your progress, you'll learn — at your own pace — to make changes that last so you live healthier, feel better and have more energy. And it's part of your health plan so there is no additional cost to you. The program includes a variety of tools and resources like:

- **Connected devices** to monitor blood pressure and weight.<sup>1</sup>
- **Clinical specialists** that provide personalized support to develop lifestyle changes and manage medications to reach your goals and reduce your risk of heart disease.
- **Health coaching** to help you improve the quality of your diet and overcome barriers to healthy choices. Available through chat on the app 24/7.
- **Online peer groups** offer additional support and opportunities to share successes.

Even if you're already on a treatment plan from your doctor, Omada can provide day-to-day support to keep you on track.



### 9 points lower

On average, members with Stage 2 hypertension at baseline lowered their systolic blood pressure by 9 points at 12 months.<sup>2</sup>

## FIND OUT IF YOU'RE ELIGIBLE

Visit Omada at [omadahealth.com/BCBSMN1](https://omadahealth.com/BCBSMN1) and answer a few questions.

<sup>1</sup>Scale available to members with an elevated body mass index greater than 25.

<sup>2</sup>Population snapshot of Omada member data from May 2019 to May 2021; average follow-up of 12 months. Actual member outcomes may vary based on individual and demographic factors.

The Omada program is from Omada Health, Inc., an independent company providing digital care programs.