



An Independent Licensee of the  
Blue Cross and Blue Shield Association

**November 2018**

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## **Omada Health Added to Better You Diabetes Prevention Program**

To provide our members with more options, we have added Omada Health to our Better You Diabetes Prevention Program effective December 1, 2018.

Omada Health is a leader in providing virtual diabetes prevention programs. Its web-based program is available via computer, tablet or smartphone. It joins Solera Health and participating Florida YMCAs in offering CDC-approved diabetes prevention programming to our members with pre-diabetes.

The goal of all three programs is to prevent participants' progression to type 2 diabetes. Eligibility criteria include, but are not limited to, being over the age of 18 with a BMI of 25 or greater. Those who are pregnant or already diagnosed with diabetes are not eligible.

The Better You Diabetes Prevention Program is available at no cost to your Florida Blue patients who are eligible. Your Florida Blue patients may contact Member Services by calling the telephone number on their member ID card to determine their eligibility.

For more information about our Better You Diabetes Prevention Program, please call or email David Carter at (904) 905-8618 or [David.Carter1@floridablue.com](mailto:David.Carter1@floridablue.com).