



AMA, Omada Health, Intermountain Healthcare Partner to Reduce Incidence of Type 2 Diabetes

Collaboration to offer Utah patients access to online behavior change program to sustain reductions in body weight and average blood sugar levels

SALT LAKE CITY, UTAH, USA, July 26, 2016 /EINPresswire.com/ -- The American Medical Association (AMA), Omada Health, and Intermountain Healthcare today announced an innovative initiative aimed at reducing the alarming number of adults who develop type 2 diabetes. The new collaboration will create a roadmap for large health care organizations across the country to adopt proven online behavior change interventions for at-risk patients, and integrate those programs into provider referral and clinical workflow.

“We’re delighted to be partnering with the country’s premier physician organization and one of the most innovative health systems in the United States,” said Omada Health CEO Sean Duffy. “Intermountain’s integration of the Omada program, and AMA’s focus on ensuring digital tools work to empower providers will give patients with prediabetes another proven option to meet their care needs. It will also give physicians and their care teams additional treatment options, and actionable data to better understand how to deliver lasting lifestyle change for those in need of it.”

Last year, Omada became the first digital health company to publish peer-reviewed results demonstrating that program participants maintained reductions in body weight and average blood sugar levels – critical indicators of diabetes progression – two years after beginning the program.

All three organizations believe evidence-based, technology-enabled care models are key to addressing the more than 86 million Americans who currently have prediabetes. People with prediabetes have higher than normal blood glucose levels, but not high enough yet to be considered type 2 diabetes. Research shows that 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years unless they lose weight through healthy eating and increased physical activity. Up to 90 percent of people with prediabetes are unaware that they have the condition. Within Intermountain’s service area, it’s estimated that more than 114,000 people are living with prediabetes.

“This collaboration expands upon the AMA’s robust efforts to prevent type 2 diabetes in this country through the scalable adoption of proven innovative tools and resources that can help physicians better manage patients with chronic conditions,” said AMA President Andrew W. Gurman, M.D. “With one out of three people at risk of developing type 2 diabetes in their lifetime and at increased risk for serious health problems such as stroke and heart attack, we will continue to do everything we can to significantly decrease the number of American adults who develop the disease.”

Combining the AMA’s efforts to raise prediabetes awareness nationally, and Intermountain Healthcare’s population health strategies to drive better care, this initiative will allow Intermountain physicians and care teams to refer patients to, and monitor their progress through an evidence-based online diabetes prevention program. Access to real-time, actionable data will better position care

teams to create specific, personalized patient touch-points to support program completion and success. The collaboration marks the first time that the AMA has worked with a digital healthcare provider to refer high risk patients to an online lifestyle change program.

“Research shows that participation in evidence-based diabetes prevention programs can cut the risk of developing type 2 diabetes by nearly 60 percent,” said Dr. Gurman. “Online technology such as Omada’s program will help Intermountain physicians and care teams stay connected with their patients as they take proactive steps outside of the clinical setting to prevent type 2 diabetes. By bridging this gap, treatment touch-points with patients over the course of their time in the online program can be more meaningful and impactful, which we believe is a win for both patients and their providers.”

Intermountain Healthcare, based in Utah, is recognized as an industry leader in the adoption of innovative preventive care strategies to reduce costs while providing high-quality care.

“The addition of Omada to Intermountain’s diabetes prevention program will expand patient access to a CDC-recognized program. We anticipate that access to the Omada program will enhance patient engagement and improve health outcomes,” said Elizabeth Joy, M.D., M.P.H., Intermountain’s Medical Director for Community Health and Clinical Nutrition.

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About the AMA

The American Medical Association is the premier national organization dedicated to empowering the nation’s physicians to continually provide safer, higher quality, and more efficient care to patients and communities. For more than 165 years the AMA has been unwavering in its commitment to using its unique position and knowledge to shape a healthier future for America.

About Intermountain Healthcare

Intermountain Healthcare is a Utah-based, not-for-profit system of 22 hospitals, 185 clinics, a Medical Group with over 1,400 employed physicians and advanced practice clinicians, a health plans division called SelectHealth, and other health services. Helping people live the healthiest lives possible, Intermountain is widely recognized as a leader in transforming healthcare through high quality and sustainable costs. For more information about Intermountain, visit intermountainhealthcare.org.

About Omada

Omada Health is a digital behavioral medicine company that inspires and enables people to change the habits that put them most at risk for chronic conditions like heart disease and type 2 diabetes. The company is the largest CDC-recognized provider of the National Diabetes Prevention Program, and since its founding, has enrolled more than 60,000 participants. Omada’s program combines proven behavioral science, the power of professional health coaches and peer groups, connected technology, and world-class design to deliver clinically-meaningful results. The company operates on a pay-for-outcomes pricing model, and was named a 2016 Technology Pioneer by the World Economic Forum. To learn more, visit www.omadahealth.com.

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