Lesson 1: Getting Started

You're Getting Healthier. Starting Now.

Let's build habits that will transform your health.

Welcome to Omada. Right now, you're at risk for type 2 diabetes, but you can turn that around. Research shows that by making small, positive changes in 4 areas of your life — food, activity, sleep, and stress — you can significantly lower your risk for both diabetes and heart disease.

To be effective, the changes you make need to last, which means they have to be right for you. If new, healthy habits don't make you happy, you'll revert to unhealthy habits that do. That's where Omada comes in.

This is not a diet or a quick fix. We'll be by your side for an entire year, helping you start habits you'll be glad to stick with. You'll have personal tracking tools, expert advice, and unwavering support from real, caring people.

While Omada can improve your health, it's meant to complement medical treatment, not replace it. Visit your doctor and let him or her know that you've started a diabetes prevention program. On that note, let's go over the mechanics of diabetes. You may already know them, but it never hurts to review.
Type 2 Diabetes & How to Prevent It

It all comes down to the amount of sugar in your blood.

What is diabetes? The simplest answer starts with carbohydrates or "carbs." Carbs are 1 of the 3 major nutrients in food (the others are protein and fat). During digestion, your body breaks carbs down into glucose — a simple form of sugar that your brain, muscles, and organs use for energy — and releases it into your bloodstream.

Your bloodstream acts like a highway for glucose, allowing it to travel to all the cells that need it. Once glucose arrives on a cell’s doorstep, it needs a key to get inside. That key is a hormone called insulin, which is produced by your pancreas. When all’s well, insulin is available to "unlock" the cell and let the glucose in.
But if your pancreas isn’t producing enough insulin to unlock cells at a sufficient rate, or the “locks” on cell walls aren’t working correctly, excess glucose builds up in your blood, and cells struggle to function with less fuel.

When the amount of sugar in your blood reaches a harmful level, it qualifies as diabetes. If blood sugar is higher than normal, but not quite high enough for diabetes, you might be diagnosed with prediabetes. In both cases, major organs — especially your eyes, kidneys, nerves, and heart — can suffer damage.

**DID YOU KNOW?**
More than 1 in 3 American adults has prediabetes, but 90% don’t know it because they’ve never been tested.
Preventing Diabetes

Now the good news, and not a moment too soon: Omada will help you build healthy habits proven to lower blood sugar and make cells more receptive to insulin, which can slow or stop the progression of type 2 diabetes.

We know this to be true thanks to the National Diabetes Prevention Program (NDPP), a yearlong lifestyle intervention developed by the CDC.

In a major clinical trial, NDPP participants who lost 5 to 7% of their weight by eating healthier and getting active lowered their risk of type 2 diabetes by an incredible 58%. The program was even more successful at lowering risk than the top prescribed medication.

Since these landmark study results were released, programs like this one have been recommended for anyone at risk for type 2 diabetes or heart disease, including individuals who have been diagnosed with prediabetes.

Psst... do you smoke?

Quit now and your risk of heart attack will begin to drop in as soon as 2 weeks. In a year, your added risk of developing coronary heart disease will be half that of a smoker’s. Go to www.lung.org to quit for good.
The Power of Personal Tracking

We take tracking seriously around here, and for good reason.

Research shows that just by tracking weight, food, and exercise, you can automatically boost your motivation and ability to make healthier choices. Here are 3 ways that daily tracking is well worth your time and effort:

**Tracking informs your coach's advice.**
Based on what you track, your coach will give you helpful feedback, celebrating what you're doing well and making thoughtful suggestions on what you could do differently.

**Tracking focuses your attention.**
When you’re thinking about your food and activity choices before and after you make them, you’re more likely to choose carefully and in line with your goals.

**Tracking gives you valuable clues.**
What are you eating in different situations? When are you being more or less active? Daily tracking answers these questions and prompts you to ask “why am I doing this?” and “what would be easy for me to change for the better?”
Why Daily Weigh-Ins Matter

We've included a scale in your Welcome Kit, and while we ask that you track your weight daily, we won't be focusing too much on the number that comes up, and neither should you.

Individual weigh-ins are not good indicators of your progress. That's because weight fluctuates from day to day due to factors like hydration and hormonal changes. It's how your weight trends over weeks and months that matters. That said, daily weigh ins are necessary to accurately track that trend.

An even more important function of weighing in: Stepping on your scale every morning triggers a healthy domino-effect — it's the first of many, small, daily choices that will help you reach your goals.

To weigh in, step on your scale. Data is transmitted to your Omada account within 5 minutes. Your group will not see your weights, but they are visible to your coach.
3 Food Tracking Tips

In addition to tracking your weight, please start tracking everything that you eat and drink. Yep, everything. Meals, snacks, sodas, sips and nibbles, whole bags of chips, beer, wine, late-night snacks... we want to know it all. A few tips to keep in mind:

1. Track right after you eat.

In certain situations, hindsight is 20/20. This isn't one of them. Track right after eating and drinking while the experience is still fresh in your memory.

2. Add just enough detail.

Food descriptions can be brief, but do include quantities and cooking methods to paint a clear picture. Or, if you're using the mobile app, you can snap an actual picture that your coach will be able to see.

<table>
<thead>
<tr>
<th>Helpful Details</th>
<th>Too Little Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled chicken w/ spinach sauteed in butter and garlic, 1 glass red wine, 2 handfuls strawberries</td>
<td>Chicken, spinach, wine, berries</td>
</tr>
</tbody>
</table>

3. If you'd like your coach to review a meal, ask!

You don't need to wait for your coach to give you feedback on a meal. Curious, confused, or want confirmation? Send your coach a message asking for input.
Get a Step Ahead

_It’ll be a few weeks before we focus on physical activity. Want a head start?_

The next four weeks will highlight healthy food choices, then we'll shift gears in Lesson 5 and talk about exercise (after that, we'll tackle sleep and stress management). If you lead a busy life or tend to take on too much too soon, we recommend you establish healthy eating habits first, before bringing physical activity into the mix.

But if you're already active or eager to get going, you can get a head start by tracking your daily step count. Step-counting is a proven way to boost activity — and it also happens to be fun.

There are three ways to count steps in Omada:

1. **Use our mobile app** ([download it here](#)). It works on Android phones and iPhones, and makes step tracking easy. [Enable tracking](#) and carry your phone with you — your steps will appear in your Activity Tracker.

2. **Connect your own fitness tracker.** Fitness trackers by Fitbit, Fitbug, Garmin, Jawbone, iHealth, MapMyFitness, Misfit, and Withings can be synced with your account. [Click here](#) to find out how.

3. **Use a manual pedometer.** Manual pedometers require you to [enter daily step totals](#) into your Activity Tracker, but are still a great option.

Later in the program, we'll contact you via email to make sure that you have a way to track steps. If you don't, we'll send you a pedometer at the beginning of week 5 at no extra cost.

Should you choose to start counting steps now, try going for the daily goal that appears in your Activity Tracker. Prefer to focus on food? Great. Don't sweat exercise just yet. We'll get there together in week 5.
Essential Reading

Weekly lessons are packed with information that you can put to good use.

A new lesson will be available to you every Sunday morning. From figuring out what to eat for breakfast on busy days to exercising when your body is crying out for the couch, future lessons provide proven strategies for pushing past obstacles and making change happen.

To stay in the loop and keep up with group discussions, aim to read the current lesson each week. If you miss one, you can always catch up. Like tracking, reading lessons pays off: Participants who complete all 16 lessons achieve better results than those who skip a few.

Personal Reflection:

Think of something you do each week that can act as a reminder to also do your lesson. For example, if you read the Sunday paper, you could read the Omada lesson afterward. How will you fit lessons into your week? Make a plan here.
Lean on Your Team

*Your coach and group are here to give you guidance, support, and a few good laughs.*

Posting to the group discussion board may feel forced at first, but there are countless upsides to comparing notes with other participants. Like you, everyone in your group is ready to break free from the habits that are damaging their health. There’s likely someone in your group who can help you overcome challenges, and someone who you can help.

**Please keep what you read on the board confidential to protect everyone’s privacy.**

We hope you’ll also tell friends and family about Omada. Ask them to back you up and cheer you on. As with any long-term project, you’re bound to have good days and bad. The more people you have on your side, the better you’ll be able to recover from setbacks and keep moving forward.
Ready...Aim...

*We’ll help you set and hit your targets.*

This week, your goal is to start a daily habit of tracking weight and food. As the program continues, your goals will become more personalized, and you may choose to set some of your own. With that in mind, it's time for a crash course in goal setting.

**Your Goals: Think SMART**

Behavior-change experts have discovered that the smaller and more detailed a goal is, the better your chances of following through. As you set goals in the coming months, remember these SMART guidelines:

- **Specific** — Be clear and detailed about what you want to do.
- **Measurable** — Make sure there’s a way to track your progress.
- **Achievable** — Pick a goal that you can realistically hit.
- **Rewarding** — Aim to achieve goals that will make you feel good.
- **Time-bound** — Set a goal with specific start and end points.
"Stop eating junk food from now on" is an example of a goal that is too broad to be SMART. Whereas "Drink sparkling water instead of soda every afternoon this week" is specific, measurable, achievable, rewarding, and time-bound.

We often make the mistake of setting big goals because we want big results. But a better way to achieve big results is to set one small goal after another and hit them, building up your confidence and momentum along the way.
Prep Your Kitchen For Success

Convenience dictates much of what we do every day. Use that to your advantage!

When you're hungry, chances are, you'll eat what's in front of you. Not because you're lazy, but because you're human. We have bigger, more important decisions to make than what to have for lunch, so we let habit and convenience guide our choices.

This week, aside from getting started with weigh-ins and food tracking, we encourage you to take on one more goal: Spend 5 to 15 minutes making the healthiest foods in your kitchen — fruits and vegetables — more visible and easy to reach.

Wash whatever fruit you have and put it in bowls on the counter or front-and-center in your fridge. Free vegetables from crisper drawers (take a second to trim off any wilting leaves or rotten bits) and find them a prime spot on a shelf. Move bags of fresh-frozen fruit and vegetables so that they’re immediately visible in your freezer.

Research shows that you’re 3 times more likely to eat the first food you see than the fifth one, so putting produce in your direct line of sight really can make a difference. This is also an opportunity to assess how much fruit and veggies you’re eating right now. By increasing that amount over the next several weeks, you’ll go a long way toward protecting your health.
YOUR TOP TO-DOs THIS WEEK:

• Step on your scale every day. Visit your Progress page to verify your first few weight readings.
• Track everything you eat and drink using our mobile app, or the Food Tracker on your Tracking page.
• Let your doctor know that you’ve started Omada, a diabetes prevention program.

ADD THESE IF YOU CAN:

• Keep in mind that goals should be SMART — Specific, Measurable, Achievable, Rewarding, and Time-bound.
• Join in on the group discussion. Introduce yourself on the board if you haven’t already.
• Make it easy to make healthy choices by clearing obvious junk food from your kitchen.
• If you’d like to get a head start on physical activity, begin tracking your steps.