A breakthrough online program that inspires healthy habits that last.

Quest Diagnostics Health & Wellness is partnering with Omada Health to offer the Omada Program to Health & Wellness screening participants. Our goal is to help our clients offer solutions that address one of the most costly disease states that is often first identified through the clinical data captured in our employee-based screening programs. This partnership will leverage biometric wellness screening data to identify individuals at risk for prediabetes, and invite them to participate in a diabetes prevention program that has been proven to help people achieve sustainable behavior changes that are critical to avoiding type 2 diabetes.

Omada is based on proven science

The Omada Program was designed to enhance the intensive behavioral counseling program utilized in the NIH Diabetes Prevention Program (DPP) clinical trial, which showed that people with prediabetes who lost a modest amount of weight through lifestyle intervention sharply reduced their chances of developing diabetes. Additionally, research shows that applying these same core principles of behavior change can also reduce risk factors for heart disease. For this reason, clients can also use Metabolic Syndrome risk as an indicator for Omada eligibility.

Omada has demonstrated its ability to deliver lasting, meaningful results through its own program with published 1- and 2-year outcomes in peer-reviewed journals. In fact, these studies show that Omada participants don’t just lose weight— they also see a continued positive impact on their hemoglobin A1c.

“Employees actually go out of their way to tell me how great the program is. How often do you hear that as an HR Director?”

Mary Spangler
Director of Occupational Health, Stanford Health Care
How it works

A health coach
A full-time health coach is there to keep participants on track—on their best days and their worst.

Willpower comes included
They can't do this alone. Participants will gain the support of a small group of peers for encouragement and empathy at every step.

Information becomes insight
Each week, participants will learn simple rules for better eating, fitness, sleep, and stress management that will have an immediate impact on the choices they make.

Tools to motivate
We'll mail each participant smart technology to track progress, and reveal what is (and isn't) working for them.

The Omada Advantage

Pay for outcomes
You pay only if and when employees engage and lose weight.

Ongoing reporting
You will be updated on program enrollment, engagement, and success along the way.

Powerful marketing
A powerful multi-channel campaign inspires employees to sign up.

Easy implementation
Quest and Omada will collaborate in a way that ensures effortless.

Interactive games

Group support

Health coach

Wireless scale

For more information about pairing wellness screening with Omada Health’s Diabetes Prevention Program, visit QuestForHealth.com or call 1.855.748.7846.


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