

Solutions for obesity and diabetes

Comparing three distinct approaches to support members on their journey to better health.

At Priority Health, we recognize that every workforce is unique and so, too, are the health needs of its employees. To support employers in delivering whole-person care and selecting the most suitable solutions for their organization, we've developed a side-by-side comparison of three programs that address obesity and Type 2 diabetes.

This resource is intended to assist your decision-making by helping you identify solutions that best align with your organization's goals for supporting employees in managing chronic conditions.

Programs and solutions for obesity and pre-diabetes conditions

	Omada CDC Recognized Diabetes Prevention Program	Virta Sustainable Weight Loss	Virta Sustainable Weight Loss with Responsible Prescribing
Focus condition	Pre-diabetes	Obesity, overweight, pre-diabetes	Obesity, overweight, pre-diabetes
Goal	5% weight loss and diabetes prevention	15% average weight loss at one year Diabetes prevention	13% average weight loss at one year Diabetes prevention
Clinical approach	Lifestyle and behavioral coaching	Lifestyle and behavioral coaching Personalized nutrition-therapy Medical supervision	Lifestyle and behavioral coaching Personalized nutrition-therapy Medical supervision Optimized GLP-1 prescription
Clinical support	Health coaches, Behavioral Health Specialist (Licensed Clinical Social Worker (LCSW)	Medical providers (MDs) and nurse practitioners (RNs)	Medical providers (MDs) and nurse practitioners (RNs)
Frequency of support	Unlimited messaging communication for the duration of a member's enrollment	24/7 access to the app On-demand coaching	24/7 access to the app On-demand coaching
Employer fit	Employers offering support on diabetes prevention	Employers offering support on sustained weight loss and diabetes prevention	Employers offering support on sustained weight loss and diabetes prevention with responsible GLP-1 use

Program and solutions for diabetes

	Teladoc Health Teladoc Health Condition Management	Virta Diabetes Reversal*
Focus condition	Type 2 Diabetes	Type 2 Diabetes
Goal	Management	Remission
Clinical approach	Personalized lifestyle and behavioral coaching Provide members with free diabetes management devices (connected blood glucose meter, unlimited strips and lancet, etc.) with real-time support for out-of-range readings	Lifestyle coaching and behavioral coaching Personalized nutrition-therapy Medical supervision Provide members with free diabetes management devices
Clinical support	Certified Diabetes Care and Education Specialist (CDCES)	Medical providers (MDs) and nurse practitioners (RNs)
Frequency of support	Unlimited	24/7 access to the app On-demand coaching
Employer fit	Employers offering support on diabetes management	Employers offering support on comprehensive diabetes care with a focus on remission and responsible diabetes medication reduction

**Virta defines Type 2 Diabetes Reversal as achieving an A1c below 6.5% without using diabetes medications other than metformin. This is medically termed “remission,” as diabetes can return if lifestyle changes aren’t maintained.*



Contact your Priority Health sales representative to learn more.