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| Blue Cross® and Blue Shield® of Minnesota and Blue Plus® is partnering with Omada® - a personalized program that provides members with the tools and support needed to reach their health goals, whether that’s managing diabetes, managing weight or improving overall health.  Omada: New Program for Certain Populations of MSHO Members  Omada comes **at no cost to qualifying SecureBlue MSHO** **members,** and provides one-on-one support from a personal health coach, easy monitoring with devices and tools participating members can keep, access to expert guidance from clinical specialists, and tools to help manage stress.  Omada is designed for people who are:   * at risk of type 2 diabetes or heart disease, or * are living with diabetes or high blood pressure.   To participate, the member must:   * be enrolled in a SecureBlue MSHO, * have a valid email address and digital access, * reside in the community (unavailable to members residing in a nursing facility), and * be determined eligible for the Omada program.   Additional information can be found at Omada’s member-facing landing page, [Omadahealth.com/BluePlus](http://www.omadahealth.com/BluePlus).  **Care Coordinators are encouraged to attend an informational session on Wednesday, August 21st at 11 AM, to learn more about this program. TEAMS link below.**  **Microsoft Teams**  [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzBkOTc0MTEtMzJlMS00OTA4LWIzN2EtNDM3Zjc3ZWYxMGQy%40thread.v2/0?context=%7b%22Tid%22%3a%22f2cae92a-8892-4e20-96c4-6ad7ba8f0e72%22%2c%22Oid%22%3a%2202b9494c-f127-4125-97c7-d879edbac96a%22%7d)  Meeting ID: 242 952 145 202  Passcode: M4xzCC  Outreach to MSHO members about Omada will begin August 15th with an initial email.   * A follow-up email will be sent August 22nd, followed by a letter in late September. * To review what members will be receiving, please refer to sample DHS-approved communications below.     With the addition of Omada, Blue Plus now offers two programs for controlling blood pressure:   * QMedic Blood Pressure Monitoring Service, and * Omada Hypertension Management Program.   For information about the two programs, please review the Care Coordinator reference document, *Controlling Blood Pressure services/programs for SecureBlue MSHO Members,* included with this Communique.  **The TEAMS link to Omada’s informational session and the Care Coordinator reference document will be posted on our** [**Care Coordination website**](https://carecoordination.bluecrossmn.com)**.** |