

Omada Testimonial

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Q: *What inspired you to participate in Omada?*

A: When we received notification that the Omada program was available, I knew my numbers and knew they were high. My doctor and I had been watching them for some time. I had family members in the program that started a few weeks prior to myself, and they gave good feedback.

Q: *What kept you motivated during the Foundation program?*

A: All the daily stuff they wanted to do kept me motivated. Weighing in on the scale everyday along with tracking food every meal, made you have accountability. I liked the comments and feedback that I got from my Omada coach. My coach was very supportive and encouraging. I also liked the weekly lessons because they were very detailed. The tips and Insights that I received daily were very helpful along with the daily and weekly messages.

Q: *What kept you motivated during the Focus program?*

A: Tracking the food and working at my weekly goals

Q: *What did you enjoy most about the two programs?*

A: During the first 16 weeks, I liked the coaches and the local people that you can track. After the initial 16 weeks, then you could track people on more of a national level and that was very motivating.

Q: *Did you set goals before you started?*

A: Yes, you have a goal weight range you want to meet. We had to put how much weight you wanted to lose within 1 month, then it went to maintenance of the weight at 10 weeks in. One of my personal goals was to lower my blood pressure.

Q: *Do you still log into Omada?*

A: Yes! Everyday! I have logged in for 291 days in a row, tracked my food for 289 days, and I even packed my scale to bring with me on vacation!



Q: *Did you communicate with your coach?*

A: Yes – she was really good. In fact, she has since been promoted.

Q: *Did you use the resources section of the website?*

A: Yes. I found different ways of cooking, different ways of cutting sodium, and different ways of using seasonings. I also learned how to read food labels and prepare packable lunches that are simple and easy to make.

Q: *How will you sustain your weight loss?*

A: Having other people in the building at work who also participate in the program helps. I am very competitive and that made a difference. Also, having a mindset of not giving myself an excuse to blow my diet. Be more mindful of what I am eating. Bottom line is you can't do this alone. I want a good quality of life when I retire and to be more active. I have a great family and workplace that is very supportive.

Q: *Do you exercise?*

A: Yes! My goal is 7500 steps per day, but I usually get more than 10,000 steps per day. I started this when I started the program.

Q: *What other changes have you made?*

A: I now track my sleep habits, I am more aware of how much water I drink in a day, and overall awareness of my physical and mental health.

Q: *Have you influenced others to be healthier?*

A: I have quite a few co-workers stop in and ask about the program. I have friends ask why I bring my scale to conferences. At work, I have helped set a standard for walking on our breaks.

Q: *What are your most noticeable changes?*

A: I have lost 23 pounds and have drastically lowered my numbers.