New Analysis Shows Successful Weight Maintenance After GLP-1 Discontinuation When Paired with Omada Health Behavior Change Program

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Real-world data analysis shows Omada members, on average, experienced virtually no weight gain 16 weeks after discontinuing a GLP-1 compared to an average of 6-7% weight gain estimated from trial data

SAN FRANCISCO--January 14, 2025 – Omada Health, the virtual between-visit healthcare provider, today announced new results of an analysis that aimed to better understand weight maintenance following GLP-1 medication discontinuation when paired with Omada's GLP-1 Enhanced Care Track, a program designed to provide behavior and lifestyle change support to complement GLP-1s from initiation through discontinuation.

Results among Omada members taking GLP-1s for weight loss who entered into a discontinuation care track (n=63) showed that, on average, members were able to successfully maintain their weight 16 weeks after discontinuing GLP-1 use with a -0.1% average weight change. By comparison, based on data from the SURMOUNT-4 and STEP-1 clinical trials, Omada estimates an average of roughly 6-7% weight gain in those trials 16 weeks after discontinuing GLP-1s. The majority (84%) of those in Omada's study population experienced less than 4% weight gain within the same time frame after discontinuation.

Several recent analyses have shown that GLP-1 medication persistence is a significant challenge for patients, with many discontinuing GLP-1 treatment less than a year after starting. Results of Omada Health's latest analysis suggest that upon discontinuing GLP-1s, it is possible to maintain the weight loss by implementing lifestyle modification strategies that include diet, exercise, sleep, and stress management.

"Our belief is and has always been that medication alone may not sustain outcomes," said Carolyn Bradner Jasik, MD, Chief Medical Officer at Omada Health. "Due to costs and other access barriers, staying on GLP-1s for the long term can be unrealistic for many. These findings show that members who are better supported throughout their journey can be more successful post-discontinuation when GLP-1s are paired with lifestyle change programs like Omada."

Employers face significant financial risk when investing in costly GLP-1 treatments, as employees who discontinue the medication without sustainable behavior changes may regain the weight, undermining the long-term treatment value of the investment. At the same time, GLP-1 coverage remains in high demand among workers. According to a 2025 BGH survey, 96% of employers worry about GLP-1's long-term cost implications.

"As employers see increased health and prescription drug costs, they're looking to meaningfully invest in solutions that deliver clinically validated, long-term results," said Wei-Li Shao, President at Omada Health. "Given our programs provide valuable and proven behavior change support for members throughout their GLP-1 treatment journey and have demonstrated the potential to help maintain weight loss after discontinuation, we anticipate continued interest in how Omada can help members improve outcomes and help offset the cost of these medications for employers."

This study was completed as part of the Omada Insights Lab ANSWERS (ANalyzing Success of WEight medication with Real-world evidence and Stats) Initiative, which examines and shares real-world data from Omada's behavior change weight health programs. Learn more about Omada Health's approach to GLP-1 medications and coverage here.

Omada Health

Omada Health is a virtual-first healthcare provider that nurtures lifelong health, one day at a time. Omada care teams implement clinically-validated behavior change protocols for individuals living with diabetes, hypertension, prediabetes, and musculoskeletal issues. With more than a decade of experience and data, and 29 peer-reviewed publications that showcase its clinical and economic results, Omada is designed to help improve health outcomes and contain healthcare costs. Omada's scope exceeds 2,000 customers, including health plans, health systems, and employers ranging in size from small businesses to Fortune 500s.

The foundation of Omada's success is a strong, vibrant work culture, which helped earn the company the distinction of becoming an officially certified Great Place to Work. An industry leader, Omada was the first virtual provider to join the Institute for Healthcare Improvement's Leadership Alliance, reflecting the aim to complement primary care providers for the benefit of members, and affirming its guarantee to every partner: Omada works differently.

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