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7 Habits for Better Blood Pressure

Your secret weapons to managing blood pressure

With Omada Health Coach Tiziana →



Tiziana



About me

+ Born and raised in Italy. I live in Miami Beach with my husband and a small Havanese 🐾🐾

+ My background is in Nutrition & Gut Health

+ You can find me on the beach or in the kitchen making tasty recipes as nutritious as possible

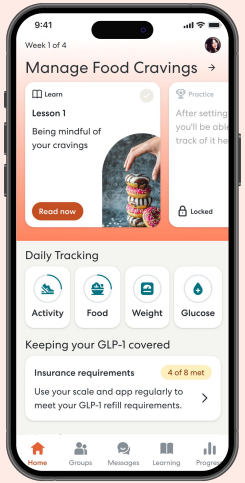
+ Fun fact: I'm a published author in Italy

Omada is a virtual program that helps you live life with more confidence and less stress



Health Coaches

CARE TEAM[1,2]



MOBILE APP



CONNECTED DEVICES + PROGRAM TOOLS[3]

Prevention & Weight Health

Diabetes

Hypertension

Musculoskeletal

+ AI-powered nutrition tools

+ Specialized support for GLP-1 users[2]

1. Certain care team assignments, features, and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements. 2. Images used are not real Omada care team members.
3. GLP-1 care track embedded in cardiometabolic programs; the Enhanced GLP-1 Care Track is for members enrolled in an eligible Omada program and prescribed a GLP-1 medication for weight loss. Omada does not prescribe or distribute GLP-1 medication.

QUIZ:

Which chronic condition is often referred to as the silent killer?

High Blood Pressure

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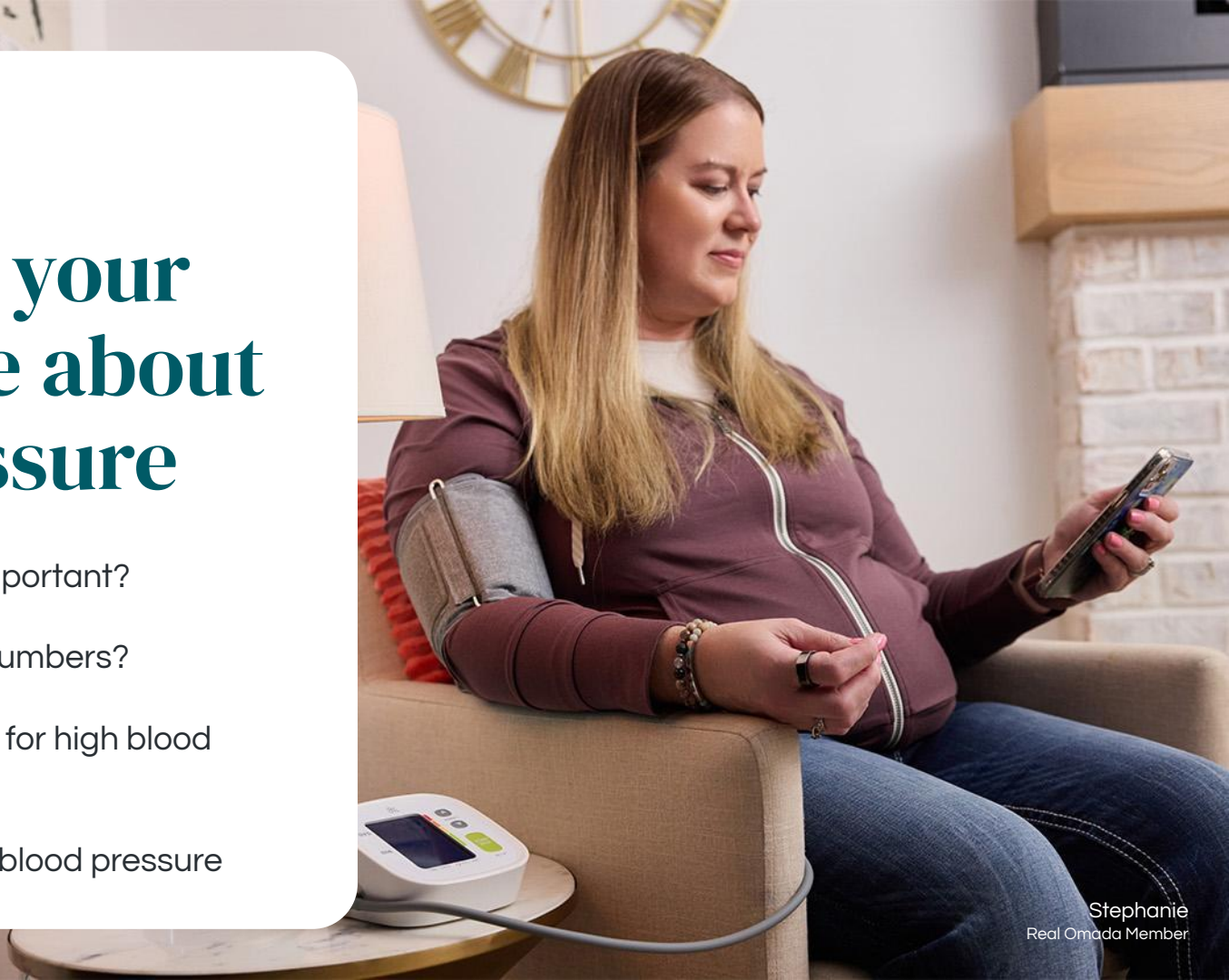
Let's build your knowledge about blood pressure

+ What is it and why is it important?

+ How do I know my own numbers?

+ What are the risk factors for high blood pressure?

+ Top habits for improving blood pressure

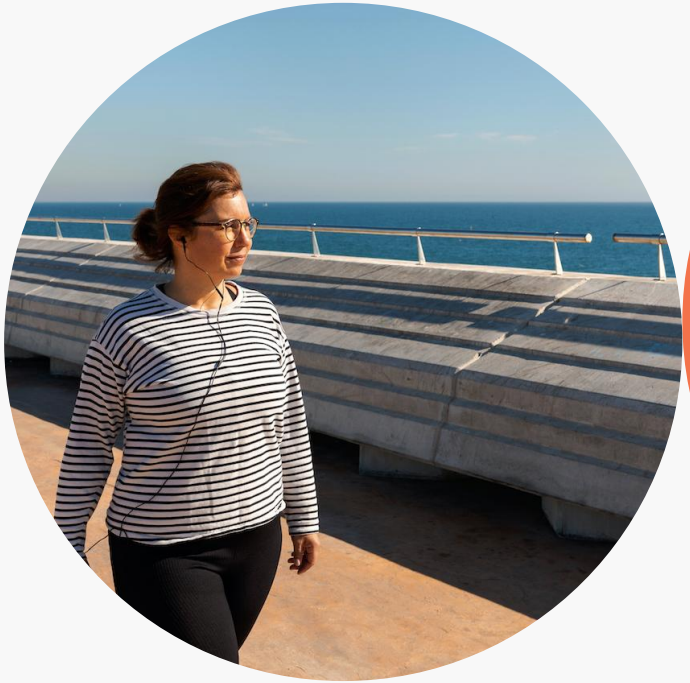


QUIZ :

What is blood pressure?

A measure of the force of blood inside our arteries.

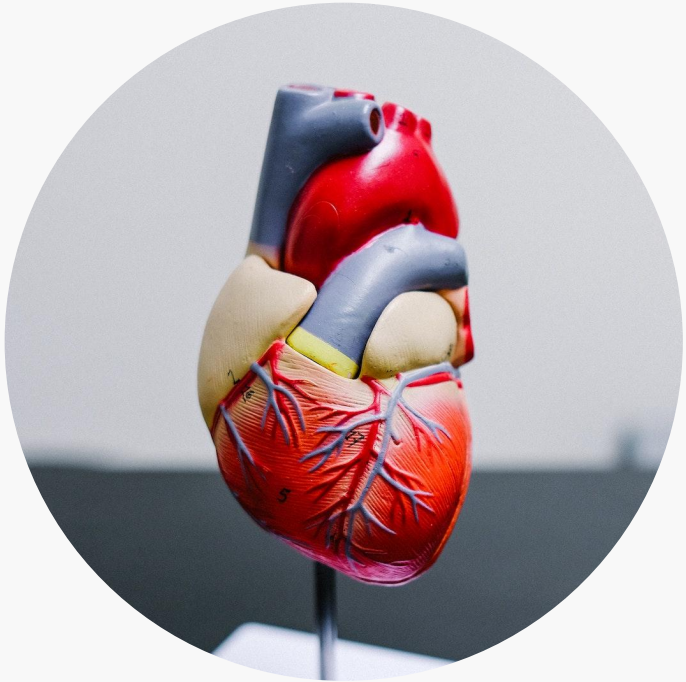
Why is Blood Pressure Important?



Blood pressure is critical to health because it ensures oxygen and nutrients reach tissues and organs, acting as a direct indicator of heart health.

Source: Washington University in St. Louis. Blood Pressure: What It Is, How It Works and Why It Matters. Washington University in St. Louis - Surgery. https://surgery.wustl.edu/blood-pressure-what-it-is-how-it-works-and-why-it-matters/. Accessed April 6, 2026

How is blood pressure measured?



120 Systolic

80 Diastolic

Blood Pressure Categories

	Systolic mmHG (upper number)		Diastolic mmHG (lower number)
Normal	Lower than 120	and	Lower than 80
Elevated	120-129	and	Lower than 80
Stage 1 Hypertension	130-139*	and	80-89*
Stage 2 Hypertension	140* or higher	or	90* or higher
Hypertensive Crisis	Higher than 180	and/or	Higher than 120

*These numbers apply only to BP readings taken at a doctor's office. Corresponding numbers for at-home readings are slightly lower.

Potential Damage from High Blood Pressure

Blood Vessels

- Can make blood vessels stiff and narrow.
- Can raise the risk of a bulge or tear in a weak blood vessel.

Heart

- Makes the heart work harder.
- Raises the risk of heart disease and heart failure.

Brain

- Raises the risk of stroke.
- Can affect memory and thinking over time.

Other Organs

- **Kidneys -** Can make it harder for the kidneys to work well.
- **Eyes -** Can damage blood vessels in the eyes and affect vision.

Source: High blood pressure (hypertension): How lifestyle changes can lower your blood pressure. Mayo Clinic. https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868. Accessed April 6, 2026.

What are the risk factors?

In your control



Weight



Salt



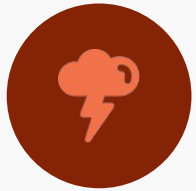
Sedentary Lifestyle



Tobacco/ Vape



Alcohol



Stress

What are the risk factors?

In your control



Weight



Salt



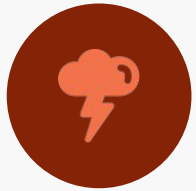
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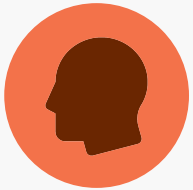


Alcohol



Stress

Not in your control



Race



Family history



Age



Healthy habits can help lower blood pressure

7 Healthy Habits to Help Improve Blood Pressure



Move Most Days



- Choose an activity that gets you excited
- Get friends and family involved
- Have a plan for weather and travel
- Consult your doctor before adding new activities

Work Toward a Healthy Weight



While weight is just one of many measures of health, it is an important one when talking about blood pressure.

Health tracking via consistent weigh-ins

A weigh-in is not *just* a weigh-in, it's...

- The first step to meaningful change
- A tool for members and coaches to connect
- A catalyst for healthier habits in exercise & nutrition
- A critical predictor of long-term weight management[2]

Across Omada's

2M+ members

continued scale use is an effective tool in supporting long-term weight health

Daily weigh-ins are linked to

9.4% weight loss,

compared to 3.2% for those who weighed-in less than daily



1. Compared with weighing most days of the week. Steinberg et al. Weighing every day matters: daily weighing improves weight loss and adoption of weight control behaviors. J Acad Nutr Diet. 2015;115(4):511-518. doi:10.1016/j.jand.2014.12.011
2. Butryn et al. Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 2007;15(12):3091-3096. doi:10.1038/oby.2007.368

Get Enough Quality Sleep



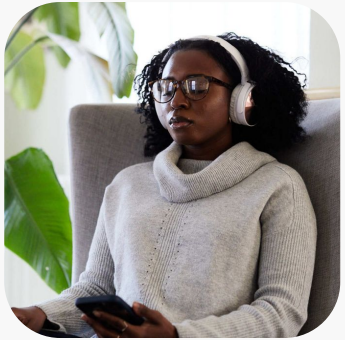
Stick to a schedule



Be mindful of caffeine



Stay active



Manage stress and worry

Create Your Own Sleep Cave



- Make it dark
- Keep it quiet
- Cool things down
- Avoid screens
- No pets
- Stick with it

Limit Alcohol



- **Moderation is key**
- **Recommendation:**
  - 2 per day for men 1 per day for women
- **Decreasing alcohol intake also helps to improve:**
  - Sleep
  - Mental clarity
  - Energy to complete day to day tasks
  - Longevity

Source: Alcohol: Does it affect blood pressure? Mayo Clinic. https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/blood-pressure/faq-20058254. Accessed April 6, 2026

Manage Stress



What are your bigger stressors?

Four Ways to Reduce Stress and Lower Blood Pressure



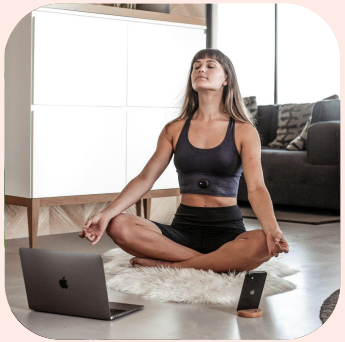
Spend time together



Make time for hobbies



Get active



Practice deep breathing

Scale Back on Sodium



Where does sodium hide?

- Bread
- Lunch meat
- Cheese
- Frozen pizza

Classic Sesame Noodles with Chicken

Low Sodium Recipe



Serves 4 - Total Time: 20 mins

Ingredients

- 8 ounces whole-wheat spaghetti
- 3 tablespoons toasted (dark) sesame oil
- 2 scallions, chopped
- 1 tablespoon minced garlic
- 8 ounces cooked boneless, skinless chicken breast, shredded
- 1 cup julienned carrots
- 1 cup sliced snap peas
- 3 tablespoons toasted sesame seeds
- 2 teaspoons minced fresh ginger
- 1 teaspoon brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons ketchup

Instructions

Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse and transfer to a large bowl.
Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds. Remove from heat and stir in soy sauce and ketchup. Add to the noodles along with chicken, carrots, snap peas and sesame seeds; gently toss to combine.

Emphasize Whole Foods

Five habits to remember:



Eat plenty of fruits and vegetables: berries, broccoli, leafy greens, and peppers



Pick lean protein: poultry, eggs, fish, beans, and tofu



Include healthy fats: avocados, nuts, seeds, and olive oil



Choose complex carbs: whole wheat bread, sweet potatoes, and lentils



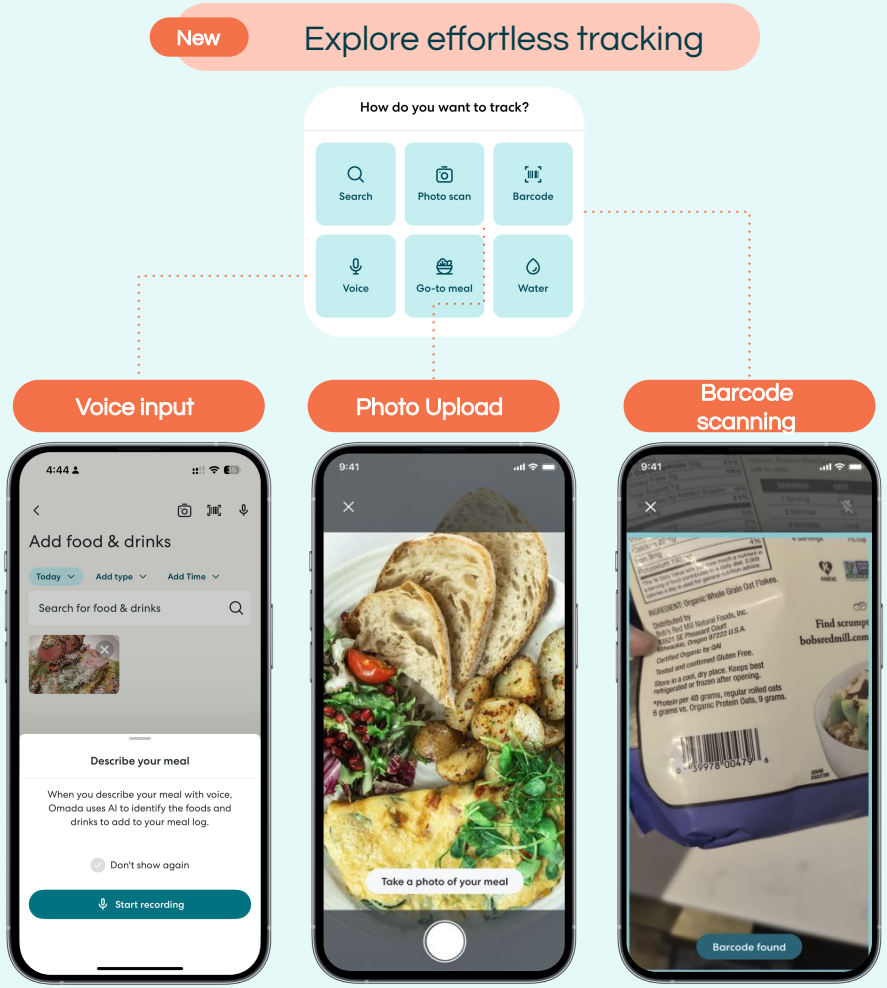
Drink plenty of water: feel free to jazz it up (we like adding cucumber or mint)

Enhanced tracking within the food hub

Effortless ways to track food & water:

- Barcode scanning
- Photo upload
- Voice input

After tracking, members get **instant nutritional feedback** to encourage and drive building healthier habits



Disclaimer: These images, data points and names are samples based on a composite and do not reflect information about a specific person.

Make Your Own Sheet-Pan Meal

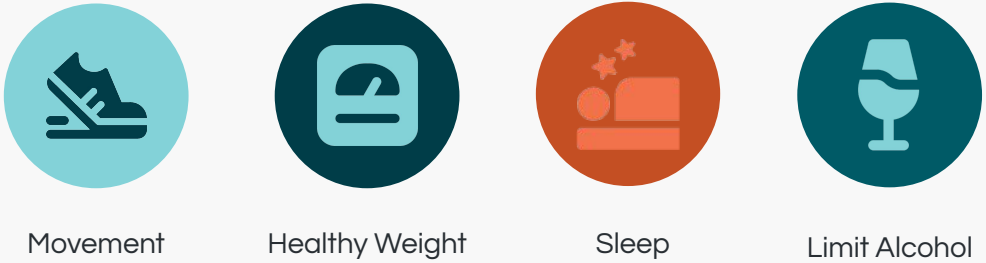
1. One pound lean protein (chicken, beef, salmon)
2. Four cups non-starchy veggies (broccoli, mushrooms, asparagus)
3. Two cups starchy veggies (sweet potato, corn, squash)
4. Combine with olive oil and your favorite seasonings
5. Bake at 425 for 15 minute intervals, checking for doneness.

Example

- 1 pound chicken breast
- 4 cups broccoli
- 2 cups sweet potato
- toss with olive oil, garlic powder, paprika & lemon juice



7 Healthy Habits, revisited



What's one thing you'd like to try this week?



“I like the encouragement and problem-solving I get from my coach. The program is well rounded beyond being food-focused. I am becoming more realistic about my health and working to become more proactive since I started this program.”

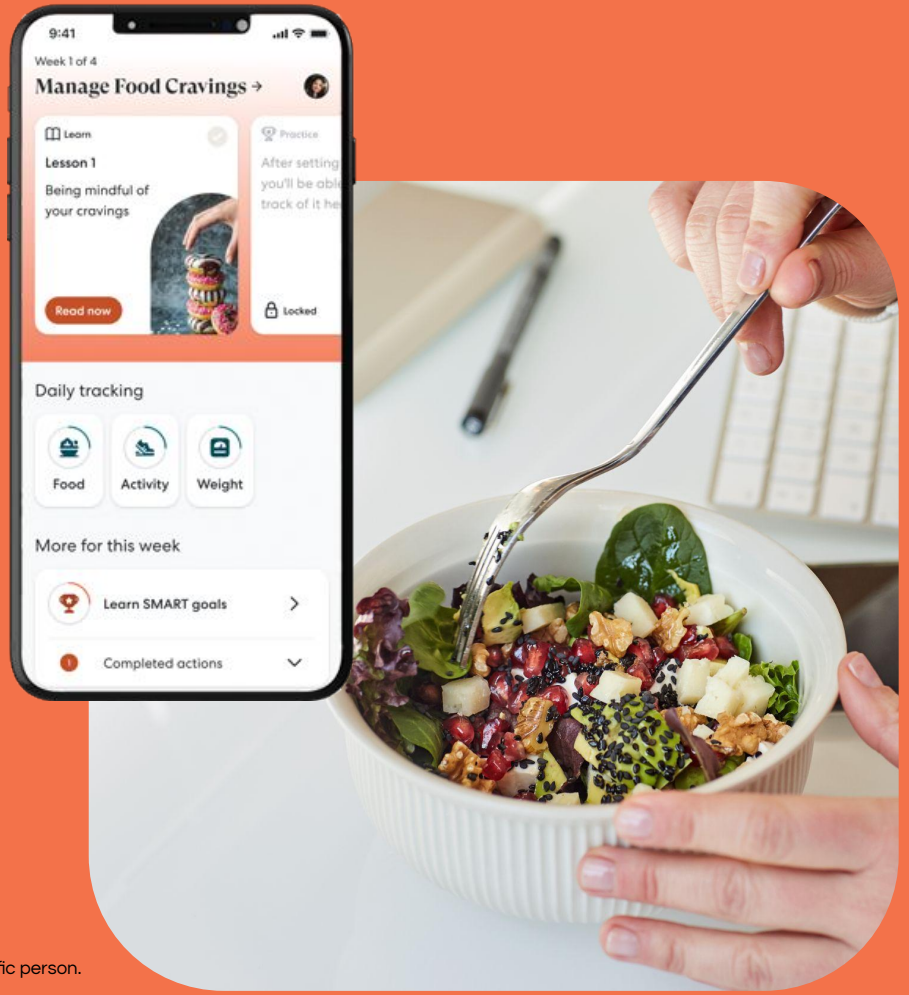
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Omada Member

Testimonial not associated with pictured Omada member. Testimonials are based on members’ real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary. App images are illustrative and do not reflect real member data.

How Omada helps:

Omada is an actual health coach (like me) in your pocket.



omada

Images, including apps, do not reflect real members or information about a specific person.

Omada for Weight Health

A virtual program that makes it easier to lose weight, improve your health and reduce the risk of diabetes—valued up to $700—at no cost to you.

Program Benefits

- Lose weight with small, lasting lifestyle changes.
- Learn ways to eat healthier, be more active, sleep better and manage stress.
- Reduce the risk of Type 2 diabetes, heart disease and stroke.

Program Features

- A personal health coach
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Online peer group and communities
- Plus, you get a smart scale to track your progress. It's yours to keep!



Apply at omadahealth.com/ xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]

Omada for Weight Health is available at no cost when covered by your employer or health plan.
App images are fictionalized samples and do not reflect information about a specific person.

→

Apply today at:
omadahealth.com/GVI

Thank you

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