



One Medical's Diabetes Prevention Program Receives Preliminary Recognition from the CDC

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San Francisco, CA – September 20, 2022 – [One Medical](#) (NASDAQ:ONEM), a leading national technology-powered primary care organization, announced today that its diabetes prevention program (DPP) has received preliminary recognition from the CDC. The CDC's National Diabetes Prevention Program designation is reserved for programs that are effectively delivering a quality, evidence-based program and have proven to be advancing toward CDC full recognition. One Medical's DPP is part of the company's chronic care management initiative, [Impact by One Medical](#), which combines One Medical's human-centered primary care model, proprietary technology, and educational resources to help improve health outcomes.

Diabetes is an increasing public health concern in the United States and globally. According to the CDC, 96 million U.S. adults – 1 in 3 people – have prediabetes, and of that group, more than 80% don't know they have it. If left untreated, many people with prediabetes could develop type 2 diabetes within five years. Since launching in 2021, One Medical's DPP has already yielded positive results and helped participating patients reduce certain risk factors associated with developing diabetes. Among the first cohorts, patients realized a significant reduction in A1C and 82% of patients observed weight reduction, with an average weight loss of nearly 8 lbs.

"We want to provide patients with the support needed to manage their prediabetes. Without proper treatment and lifestyle interventions, prediabetes can lead to type 2 diabetes and related complications, such as heart disease, stroke, and kidney failure. It can also worsen pre-existing mental health conditions such as anxiety and depression," said One Medical Senior Medical Director for Chronic Care Hemalee Patel, DO. "By taking a true team-based and community-focused approach participants receive close support from health coaches, primary care providers, and their fellow cohort peers. We are able to tailor care to each patient's individual needs and ensure they make actionable, sustainable changes to improve their health."

The program consists of a year-long, provider-led series offered in a virtual setting, in coordination with in-person care as needed through One Medical's extensive network of primary care offices nationwide. Each session involves a cohort of One Medical patients receiving education, evidence-based lifestyle strategies, and health coaches who assess progress, support behavior modification, create action plans, and help set goals. Once entered in the program, participants have the benefit of continuing to engage with their One Medical primary care provider for guidance based on their comprehensive healthcare history.

As part of Impact by One Medical, the DPP embraces the same guiding principle of treating patients as a whole person, taking into account their entire health picture rather than treating a single condition. From prevention with DPP to managing uncontrolled diabetes, hypertension, obesity and other cardiometabolic conditions, One Medical's Impact program leverages a team-based approach with clinicians, care navigators, and certified health coaches to tackle chronic diseases, which are among the [leading](#) causes of death, disability, and healthcare costs in the U.S.

"At One Medical, we're committed to not only managing but also preventing chronic conditions," said One Medical Chief Quality Officer Raj Behal, MD, MPH. "The positive outcomes we've seen through our diabetes prevention program build upon our proven track record of industry-leading outcomes for diabetes and underscore the power of our personalized care approach. By integrating these programs with primary care, we keep our care team connected with patients and support the patient-provider relationship, improving patient health and reducing the burden placed on providers."

About One Medical

One Medical is a U.S. national human-centered and technology-powered primary care organization with seamless digital health and inviting in-office care, convenient to where people work, shop, live, and click. One Medical's vision is to delight millions of members with better health and better care while reducing costs, within a better team environment. One Medical's mission is to transform health care for all through a human-centered, technology-powered model. Headquartered in San Francisco, 1Life Healthcare, Inc. is the administrative and managerial services company for the affiliated One Medical physician-owned professional corporations that deliver medical services in-office and virtually. 1Life and the One Medical entities do business under the "One Medical" brand.

Forward-Looking Statements

This press release contains forward-looking statements about us and our industry that involve substantial risks and uncertainties and are based on our beliefs and assumptions and on information currently available to us. All statements other than statements of historical facts contained in this press release, including statements regarding the future of One Medical's diabetes prevention program, are forward-looking statements.

Forward-looking statements involve known and unknown risks, uncertainties and other factors that may cause our actual results, performance or achievements to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements. Forward-looking statements represent our current beliefs, estimates and assumptions only as of the date of this press release and information contained in this press release should not be relied upon as representing our estimates as of any subsequent date. These statements, and related risks, uncertainties, factors and assumptions, include, but are not limited to: One Medical's ability to achieve full CDC diabetes prevention program recognition; One Medical's ability to improve patient health outcomes; and One Medical's ability to improve provider burnout. These risks are not exhaustive. Except as required by law, we assume no obligation to update these forward-looking statements, or to update the reasons actual results could differ materially from those anticipated in the forward-looking statements, even if new information becomes available in the future. Further information on factors that could cause actual results to differ materially from the results anticipated by our forward-looking statements is included in the reports we have filed or will file with the Securities and Exchange Commission, including our Quarterly Report on Form 10-Q for the quarter ended June 30, 2022. These filings, when available, are available on the investor relations section of our website at investor.onemedical.com and on the

SEC's website at www.sec.gov.