

Press Release

9amHealth Earns Recognition of the American Diabetes Association®

Education Recognition Program (ERP) certification ensures quality diabetes education and support for people living with diabetes

San Diego, August 23, 2023 — The American Diabetes Association (ADA), the nation’s leading organization committed to fighting diabetes by driving discovery through research and innovation, intensifying the urgency around the diabetes epidemic, and supporting people living with and affected by diabetes, today announced the recognition of [9amHealth, a virtual cardiometabolic care solution](#), through the Education Recognition Program (ERP). The DSMES service was originally recognized in November 2022.

The ADA’s Education Recognition Certificate assures that educational services meet the National Standards for Diabetes Self-Management Education and Support (DSMES). The DSMES Standards were developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994, 2000, 2007, 2012, and 2017. The ERP promotes quality Diabetes Self-Management Education and Support (DSMES) for people with diabetes by certifying that services adhere to the National Standards for DSMES. Services certified by the ADA’s ERP program offer a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. Services apply for recognition voluntarily, and ADA-ERP recognition lasts for four years.

"I am proud and honored for 9amHealth to receive recognition from the American Diabetes Association.", said Avantika Waring, MD, Chief Medical Officer at 9amHealth. "This achievement highlights the importance of empowering patients to self-manage their diabetes. It also demonstrates the trust self-funded employers and health plans can place in 9amHealth to positively impact the lives of even more people living with diabetes."

"Daily self-management skills are absolutely essential for people to effectively navigate the 24/7 challenges of living with diabetes, helping to keep them healthy and prevent or delay the serious complications of diabetes," said Linda Cann, MEd, the ADA’s senior vice president of professional services. "We applaud 9amHealth for its commitment to providing high-quality, evidence-based education and support for people with diabetes by meeting the National Standards for DSME/S and earning the ADA’s ERP recognition."

According to the Centers for Disease Control and Prevention’s (CDC’s) 2017 National Diabetes Statistic Report, there are 30.3 million people, or 9.4% of the population in the United States who have diabetes. While an estimated 23.1 million have been diagnosed, unfortunately, 7.2 million people are not aware that they have this disease. Each day, more than 4,110 Americans are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening complications – heart disease, stroke, kidney disease, blindness, nerve disease, and amputation. Diabetes continues to be the seventh leading cause of death in the US—in 2015, it contributed to 252,806 deaths. The

9amHealth

ADA's Economic Costs of Diabetes in the U.S. in 2017 confirms diabetes as the nation's most expensive chronic health care condition at \$327 billion.

For more information on the ADA's ERP and other ERP-certified services, [click here](#).

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About 9amHealth

9amHealth offers complete cardiometabolic care—a first-of-its-kind, whole-body approach to preventing and treating diabetes, obesity, high cholesterol, and hypertension. They partner with businesses to provide effective health benefits for those living with chronic conditions. Their members receive personalized care plans, prescription delivery, at-home lab tests, and unlimited specialist access. 9amHealth was founded in 2021 by the team behind mySugr and is backed by 7Wire Ventures, Human Capital, Founders Fund, and Define Ventures. More at www.join9am.com.

About the American Diabetes Association

Nearly half of American adults have diabetes or prediabetes; more than 30 million adults and children have diabetes; and every 21 seconds, another individual is diagnosed with diabetes in the U.S. Founded in 1940, the American Diabetes Association (ADA) is the nation's leading voluntary health organization whose mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. The ADA drives discovery by funding research to treat, manage and prevent all types of diabetes, as well as to search for cures; raises voice to the urgency of the diabetes epidemic; and works to safeguard policies and programs that protect people with diabetes. In addition, the ADA supports people living with diabetes, those at risk of developing diabetes, and the healthcare professionals who serve them through information and programs that can improve health outcomes and quality of life. For more information, please call the ADA at 1-800-DIABETES (1-800-342-2383) or visit diabetes.org. Information from both of these sources is available in English and Spanish. Find us on Facebook (American Diabetes Association), Twitter (@AmDiabetesAssn), and Instagram (@AmDiabetesAssn).

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