

Access a health support program built just for you

Cigna is offering Omada[®] to help members manage weight and create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.

The best part: the program—a \$700 value—is no cost to you if you're eligible to join.

Join Omada for access to

- ✓ One-on-one support from an Omada health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities



Claim My Benefit
omadahealth.com/omadaforcigna

Omada helps members

-  **See smart scale readings in the Omada app after each use**
-  **Eat healthier without counting calories or cutting out favorite foods**
-  **Get up and move—yes, solo dance parties totally count**

All members receive a welcome kit*

With an easy-to-use smart scale, shipped to your door and yours to keep. All at no cost to you.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

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

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