



# Build healthy habits that last with Omada.

Omada is a digital lifestyle change program designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease.



The program surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time.

You'll receive the program at no additional cost if you or your covered adult dependents are:



Enrolled in the company medical plan offered through Cigna Healthcare<sup>SM</sup>



At risk for type 2 diabetes or heart disease



Accepted into the program



## To get started with Omada:

- 1 Log into your myCigna<sup>®</sup> account
- 2 Click on “Wellness” at the top of your dashboard homepage and scroll down to “Health Topics”
- 3 Click on “Pre-Diabetes and Diabetes,” then scroll down to the box that reads, “Omada for Cigna: Diabetes Prevention”
- 4 Click on “Let’s Go,” then click on “Explore Omada”

The Omada<sup>®</sup> program is administered by Omada Health, Inc., an independent third party service provider. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group or its affiliates. The Omada<sup>®</sup> program is not administered by Cigna Healthcare. It is administered solely by Omada Health, Inc. which is responsible for the program.

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