



# A health program built just for you

CGI is offering Omada to help members more easily manage weight, reduce risk of type 2 diabetes and feel less stressed by making small lifestyle changes that can last for life.

## Omada helps members:

- Manage weight safely
- Eat healthier *without counting calories or cutting out favorite foods*
- Try new habits to increase physical activity, improve sleep and reduce stress
- Reduce the risk of type 2 diabetes, heart disease and stroke

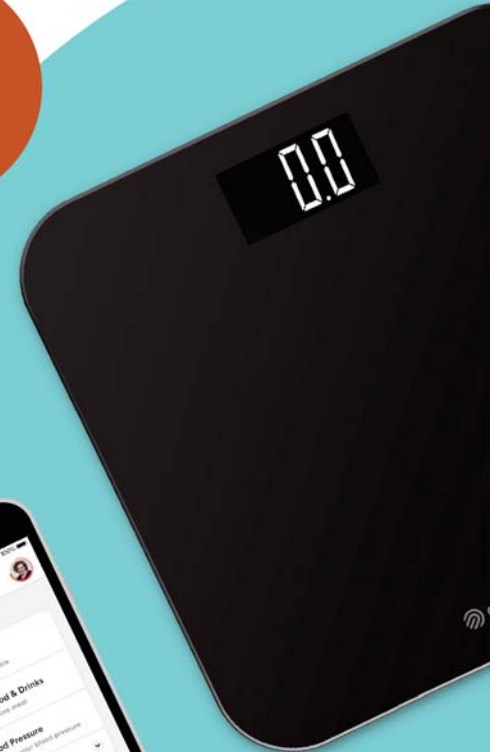
[omadahealth.com/CGI](https://omadahealth.com/CGI)

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 cost.

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



**\$0**  
cost  
to you



# Members get anywhere, anytime support



Join Omada for access to:

Hi! Welcome to Omada! Let's talk about your goals!



Omada Health Coach



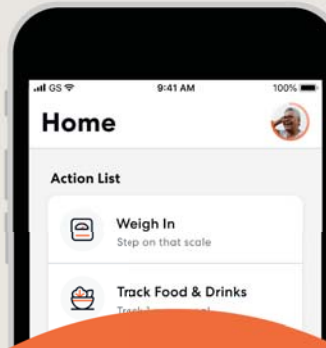
Clinical Specialist\*

## Dedicated Omada Health Coach

You are paired with a personal Omada health coach who is with you every step of the way in your journey towards better health.

## Personalized Health Plan

Your Omada health coach helps you create a plan based on your health needs, goals and lifestyle.



## Smart Scale

Get a smart scale to monitor your weight and progress any time. Shipped to your home. No extra cost.



Weekly Lessons



Nutrition Counseling



Mental Health Support



→ Claim your benefit now  
[omadahealth.com/CGI](https://omadahealth.com/CGI)



Food & Activity Trackers



Online Peer Groups

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# The Omada welcome kit

**Get a smart scale, delivered to your home.  
No extra cost.**

The smart scale easily syncs to your account so you can monitor your weight in real time, 24/7, with the Omada app.



Brought to you by  cigna healthcare



## Smart Scale

Arrives ready-to-use. Track weight daily or weekly and see your progress on the app.

**Learn how small habits and lifestyle changes can improve your weight, mood, and confidence.**

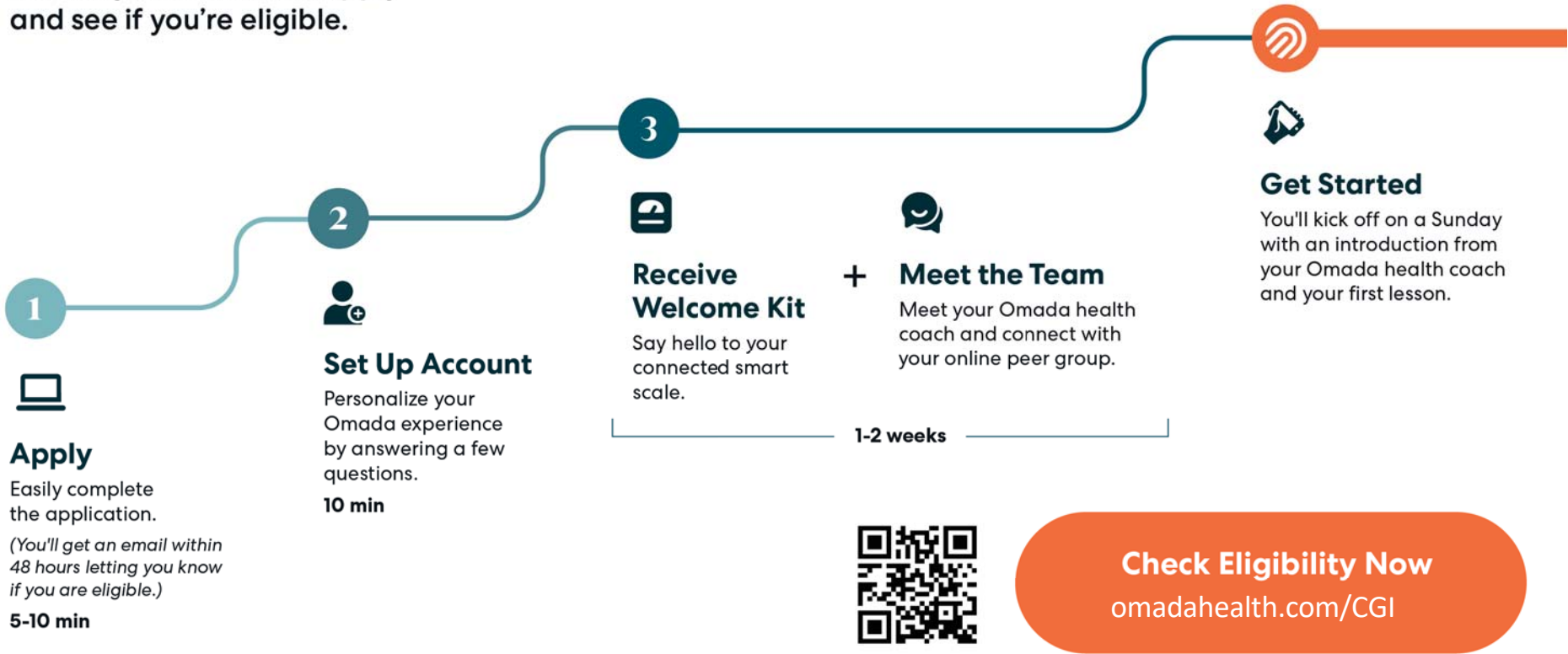
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# Get started in 3 simple steps

It takes just minutes to apply and see if you're eligible.



The Omada® 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® program is not administered by Cigna Healthcare. It is administered solely by Omada Health, Inc. which is responsible for the program.



# Omada has helped over 1 million members

“

**I put off participating in Omada for years. I wish I hadn't.”**

—  
**Omada Member**

“

**It was as if Omada knew exactly what I needed when I needed it.”**

—  
**Omada Member**



**Are you next?**

**Check Eligibility Now**

[omadahealth.com/CGI](https://omadahealth.com/CGI)



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.