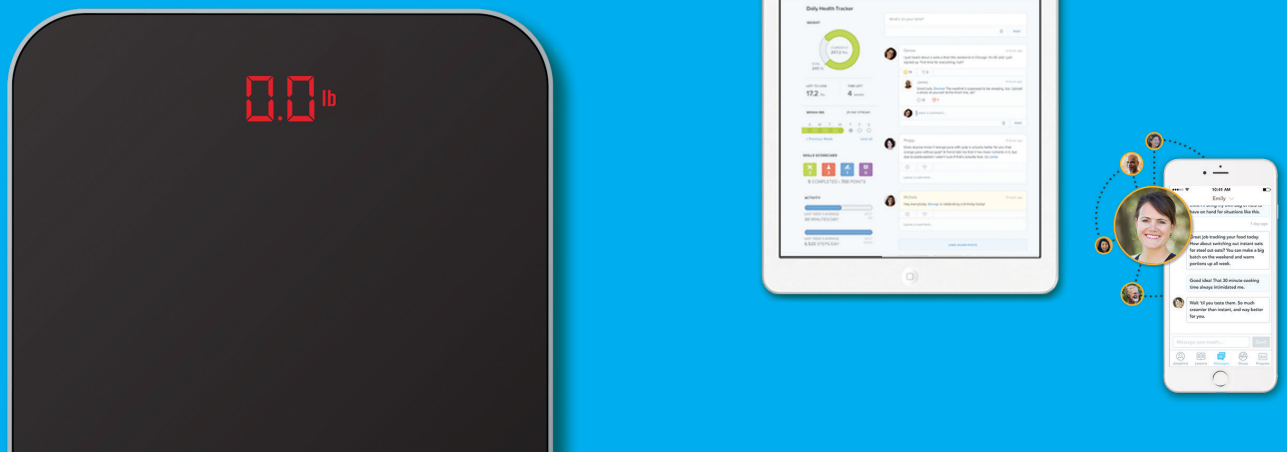
omada® for Cigna®

HEALTHY HABITS, BUILT OVER TIME



Introducing Omada®—a personalized program that helps you reach your health goals through sustainable lifestyle change. Get the support and technology you need to lose weight and take control of your health, one step at a time.[1]

- **EAT HEALTHIER**
  Learn the fundamentals of making smart food choices.
- **INCREASE ACTIVITY**
  Discover easy ways to move more and boost your energy.
- **OVERCOME CHALLENGES**
  Gain skills that allow you to break barriers to change.
- **STAY HEALTHY FOR LIFE**
  Set and reach your evolving goals with strategies and support.

MORE GREAT NEWS: Beginning 2020, you'll receive the program at **no additional cost** if you or your adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for diabetes or heart disease, and are accepted into the program.

YOU'LL GET YOUR OWN:

- Interactive program
- Wireless smart scale
- Weekly online lessons
- Professional Omada health coach
- Small online group of participants

Register on the **myCigna**® website or app to receive additional information when Omada is open for applications

If you've already registered on the myCigna website or app, there is no need to re-register

[1] References available; contact the Omada Medical Affairs team

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See reverse side for additional information

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