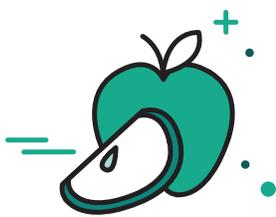


Omada for Prevention



Build healthy habits that last

Good news: Changing habits and reducing your risk for chronic disease just got a little easier. Omada for Prevention is a digital lifestyle change program that helps you create healthy routines — and helps you make them stick.* It combines smart health devices with ongoing personal support to help you make the changes that matter most - whether they involve eating, activity, sleep, or stress. Omada offers a better way to lose weight and reduce your risks for type 2 diabetes and heart disease.

Features

Omada can help you learn how to make smart food choices, discover easy ways to boost your activity, and overcome challenges that block you from getting healthier. You'll get support and strategies to help set and reach your goals, including:

- An interactive program with an engaging app to guide your journey anywhere, anytime.
- A wireless smart scale to monitor your progress.
- Weekly online lessons to empower you.
- A professional Omada health coach to keep you on track.
- A small online group of participants to keep you engaged.



If you or your adult dependents are Medica members and are at risk for type 2 diabetes or heart disease, Omada is available at no additional cost. Watch for more program information from your employer when your Medica health plan starts.

*Omada isn't available with all Medica health plans. To check if you're eligible, call our Customer Service team. The number is on the back of your Medica ID card.