omada

for cigna healthcare

Access a health program built just for you



You have access to Omada®, which helps people reach and maintain a healthy weight with one-on-one health coaching and the tools needed to build healthy habits that stick.

The best part: the program—a $700 value—is no extra cost to you if you're clinically eligible and enroll.

With Omada, you'll get

- **One-on-one support from a health coach**
- **Easy monitoring with a smart scale and tools**
- **AI-powered tools, like OmadaSpark, to track food and get instant nutrition answers**
- **A personalized plan with recommendations tailored to your routine and preferences**

Start with a welcome kit

A smart scale shipped to your door after enrollment—yours to keep at no extra cost to you.



If you or your covered family members are at risk for type 2 diabetes and/or heart disease and are accepted into the program, your Cigna Healthcare® plan will cover its full cost.

Get started at:

omadahealth.com/omadaforcigna

Individuals portrayed are real Omada members. App images are illustrative and do not reflect real member data. The Omada program is administered by Omada Health, Inc., an independent third party service provider. The Omada program is not administered by Cigna Healthcare. It is administered solely by Omada Health, Inc. which is responsible for the program. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.