omada

cigna healthcare

$0 cost to you

Access a health program built just for you

Cigna Healthcare® is offering Omada® to help members lose weight and create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.

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



Join Omada for access to

- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities

Claim My Benefit
omadahealth.com/omadaforcignaglobal

Omada helps members

See smart scale readings in the Omada app after each use

Eat healthier without counting calories or cutting out favorite foods

Get up and move—yes, solo dance parties totally count

All members receive a welcome kit*

With an easy-to-use smart scale, shipped to your door and yours to keep. All at no cost to you.

- ✓ **Readings sync automatically**
- ✓ **See how habit changes can impact weight over time**
- ✓ **Get a personalized plan based on progress**

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna Healthcare®, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

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

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