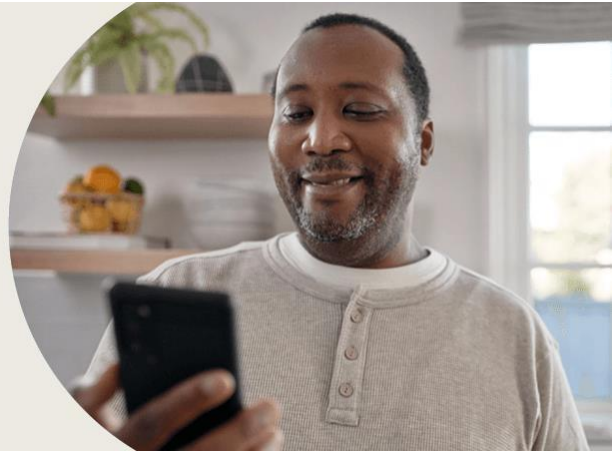




Learn more about your Omada[®] health benefit



\$0 cost to you

We're thrilled to announce that on SEPTEMBER 1st, 2025, Hamra will be partnering with Omada[®] as your new **Diabetes** health program, replacing **Livongo**.

Omada is a virtual care program for people who want to manage diabetes and improve their overall health and wellbeing.

Omada members get a dedicated health coach and specialist, smart devices, plus a personalized health plan to help them make simple changes to their everyday life that can result in feeling better long-term.

The program is no cost to you and fully covered as part of your health benefits. All you must do is apply.

Claim your benefit at omadahealth.com/hamra.

Omada includes

- Support from a certified coach and specialist who offers personalized guidance about nutrition, exercise and self-care
- Access to online peer communities to share successes
- A welcome kit with smart devices to help monitor progress and show results; they're yours to keep*
 - Two continuous glucose monitor sensors (CGMs)[†]
 - Blood glucose meter
 - Ongoing supply of test strips and lancets
 - Smart scale

You can apply today in about 5 minutes to see if you're eligible. **Claim your benefit at** omadahealth.com/hamra.

We're truly excited about this new benefit. Your wellbeing is important to us, and we look forward to supporting you on your unique health journey.

Omada for Diabetes is available at no cost to you when covered by one of Hamra's medical/health plans.