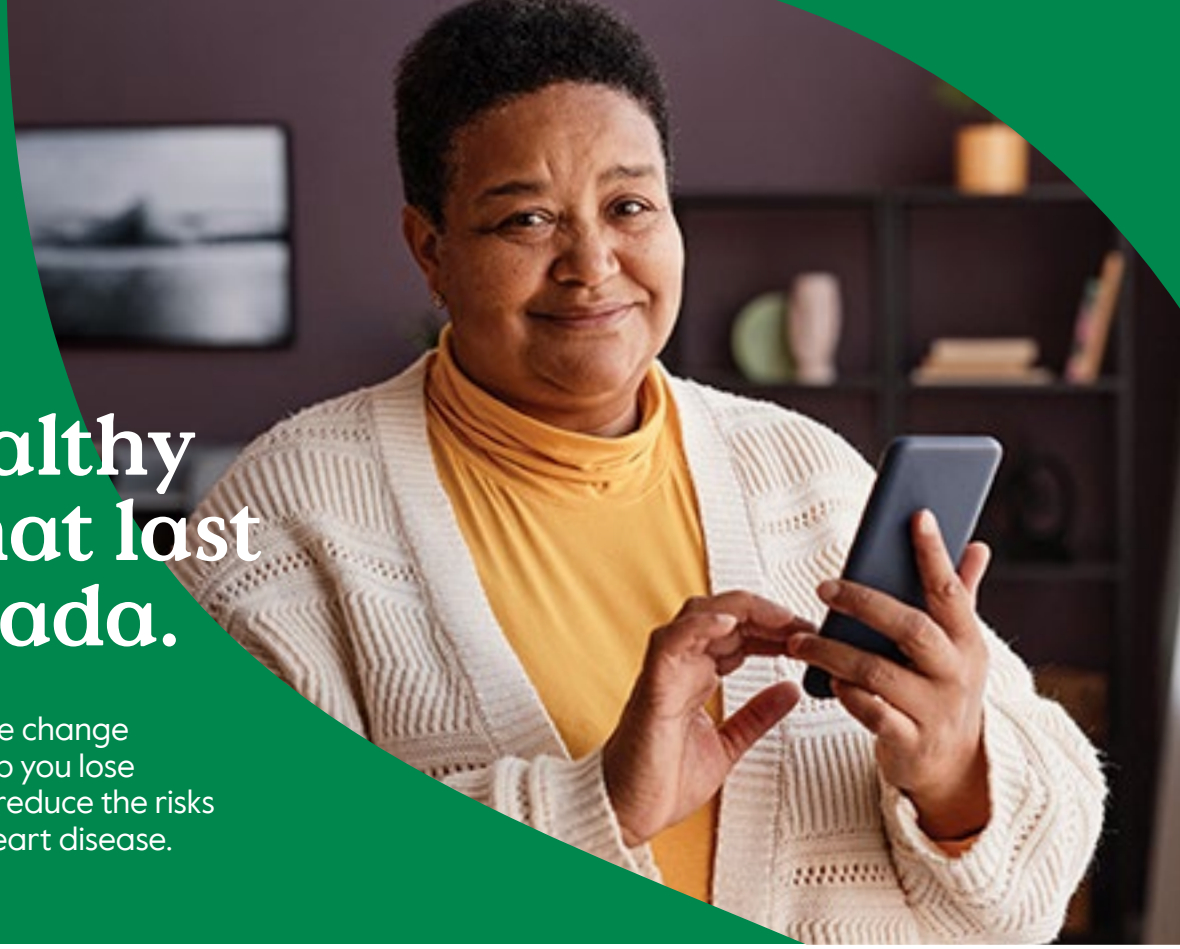


Build healthy habits that last with Omada.

Omada is a digital lifestyle change program designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease.

The program surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time.

You'll receive the program at no additional cost if you or your covered adult dependents are:

- Enrolled in the company medical plan offered through Cigna Healthcare℠
- At risk for type 2 diabetes or heart disease
- Accepted into the program

To get started with Omada:

1. Register or log into your myCigna® account.
2. Click on "Perks & Programs" at the top of your dashboard homepage.
3. Scroll to bottom of the "Perks and Programs" page and click on the "See All Programs >" link.
4. Scroll down to the box with the Omada logo. Click on "Learn More," then click on "Get Started."

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