omada Brought to you by cigna healthcare

For eligible Cigna employees and their covered dependents

$0 cost to you

Access a health support program built just for you

Cigna is offering Omada® to help members manage 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 an Omada health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities

Register on the myCigna® website or app to receive additional information when Omada is open for applications

If you've already registered on the myCigna website or app, there is no need to re-register

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, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no 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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