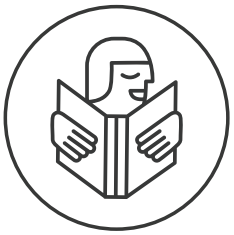
omada® for Cigna®

THE PARTICIPANT'S JOURNEY

Phase 1

INTRODUCING OMADA FOR CIGNA



FIND OUT ABOUT OMADA FOR CIGNA

Omada® is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it. Participants get all the support and tools they need, including an interactive program, wireless scale, health coach, and more.

TAKE THE 1-MINUTE RISK SCREENER

But is it for me?

They're eligible to apply if the screener results indicate a risk for diabetes.

APPLY FOR OMADA

Ok, I think I'm ready for a change.

Eligible individuals can then immediately complete the 5-10 minute application.

RECEIVE CONFIRMATION

Yay, I'm in!

In 1-2 days they'll receive an email letting them know if they qualify to join.

SET UP ACCOUNT

I'm really doing this...

They answer a few questions to help Omada personalize their experience. This takes about 10 minutes.

RECEIVE A WELCOME KIT

Oooh, tools for success!

Within 2 weeks of completing account setup, participants receive their scale, which helps to track their progress in the program.

MEET THE TEAM

I'm glad we're all in this together.

They are matched with a small group of participants who all will go through the program together.

PROGRAM KICK OFF

And off we go!

Groups kick off each Sunday with an intro message from the coach and access to the first lesson.

omada® for Cigna®

THE

PARTICIPANT'S JOURNEY

Phase 2

EXPERIENCING OMADA FOR CIGNA

STAGE 1

FOUNDATIONS

WEEKS 1-4

Focusing on nutrition first, participants track meals, complete lessons, and engage with their group.

I'm learning how to eat better.

WEEKS 5-8

Participants learn how to incorporate healthy activities into their daily lives.

I'm finding ways to move more.

WEEKS 9-12

The focus shifts to managing stress, improve sleep habits, and overcome challenges.

I'm sleeping better and stressing less.

WEEKS 13-16

Participants practice techniques for making their healthy habits stick, for good.

I'm confident I can keep going.

STAGE 2

FOCUS

WEEKS 17+

Participants focus on unique challenge areas and receive ongoing support from a health coach and extended peer group.

I'm continuing to learn and grow.

Healthy habits, for life.



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