



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 HealthcareSM



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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