

# A health program made just for you



## Omada for Prevention®

Cigna Healthcare<sup>SM</sup> is partnering with Omada<sup>®</sup>, a virtual health program, to help members create healthier habits with one-on-one personal coaching and tools for making long-lasting health changes.

### Omada's virtual prevention program

Lower your risk of getting an ongoing health condition – with the help of a health coach and an easy-to-follow plan, made just for you. There's no cost to join. It's fully covered by your plan, if you're eligible.\*

### Personalized support from your health coach

- Regular check-ins on the Omada app<sup>1</sup> will help you keep up with your goals.
- Learn about healthy foods, getting more exercise, sleeping better and lowering stress.

### An easy-to-follow program

- Learn how to make small changes that last.
- Do the lessons at a time that works best for you.

### Easily track your progress

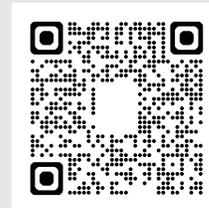
- See smart scale readings in the Omada app.
- Create a plan based on how you're doing and what works for your lifestyle.

\* If you and/or your covered family members are at risk for type 2 diabetes and/or heart disease and are accepted into the program, your plan will cover its full cost.

### Join Omada today

1. Go to [omadahealth.com/CignaRx](https://omadahealth.com/CignaRx).
2. Enter the unique access code Omada sent you.

*Don't know your code?* Log in to **myCigna.com**<sup>®</sup> or call the number on your ID card to get it.



### Omada will send you a welcome kit

It includes easy-to-use devices based on your needs, such as a smart scale. They're yours to keep, at no extra cost to you.

- Readings sync automatically.
- See how changes to your habits improve your health.

## Get started in 3 steps

1

### Apply online

You'll get an email within 48 hours letting you know if you can join

**Takes about 5-10 minutes**

2

### Set up your account

Answer a few questions to help Omada make the program right for you

**Takes about 10 minutes**

3

### Get your welcome kit and meet your team

Meet your coach and connect with your online peer group

**Takes 1-2 weeks**



### Get started

You'll start on a Sunday with an intro message from your coach and your first lesson



### Questions?

- Go to [support.omadahealth.com](https://support.omadahealth.com)
- Talk with Omada on the app
- Email [support@omadahealth.com](mailto:support@omadahealth.com)



1. App/online store terms and mobile phone carrier/data charges apply.

Para obtener ayuda en español llame al número en su tarjeta de Cigna Healthcare.

The Omada program is administered by Omada Health, Inc., an independent third-party service provider. The Omada program is not administered by Cigna Healthcare. It is administered solely by Omada Health, Inc. which is responsible for the program.

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

989583 Prevention 01/25 © 2025 Cigna Healthcare. Some content provided under license.