

# Your Omada Journey.

What you can expect when you sign up for an Omada program.

Cigna Healthcare® partners with Omada® to offer online programs that help people manage their weight, lower their blood pressure and/or control diabetes through one-on-one health coaching, specialist support and smart devices.

## See if you're eligible for Omada.

Omada is available as part of your pharmacy benefit at no extra cost to you. To participate, you must be "at risk" for getting certain health conditions.\*

**STEP**  
**1**

### Take the 1 minute risk screener.

Answer a few quick questions online.

**STEP**  
**2**

### Fill out Omada's application.

This takes about 5-10 minutes.

**STEP**  
**3**

### You're approved!

You'll get an email letting you know you can get started with Omada.

**STEP**  
**4**

### Set up your online Omada account.

Answer a few questions to help Omada make the experience right for you. This takes about 10 minutes.

**STEP**  
**5**

### Get your welcome kit.

Within two weeks of setting up your account, you'll get your wireless scale, which will help track your progress.

**STEP**  
**6**

### Meet your peer group.

You'll be matched with a small group of people with similar health goals who will take the program with you.

**STEP**  
**7**

### Your program starts.

Group sessions start every Sunday with an intro message from your coach and access to your first lesson.

# What you'll learn in the Omada program

## Part 1: Laying the groundwork.



### Weeks 1-4

You'll focus on nutrition – tracking your meals, completing lessons and working with your peer group.



### Weeks 5-8

You'll learn how to add healthy activities into your daily life.



### Weeks 9-12

You'll focus on managing your stress, improving your sleep habits and overcoming challenges.



### Weeks 13-16

You'll practice ways to make your healthy habits stick for good.

## Part 2: Building healthy habits for life.



### Weeks 17+

You'll:

- Continue to build long-lasting healthy habits.
- Work on what's making it hard to keep up with your healthy lifestyle – with ongoing support from your health coach and peer group.



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

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