

OMADA FOR PREVENTION®

Frequently Asked Questions

What is Omada for Prevention?

Omada for Prevention is a virtual program that makes it easier to manage and lose weight and improve your health. With expert support from a personal health coach and a smart scale to monitor your progress, you'll learn to make changes that last—at your own pace—so you live healthier, feel better and have more energy.

How much does it cost?

If eligible, the program is at no cost to you (a \$700 value).

What does the personal health coach do?

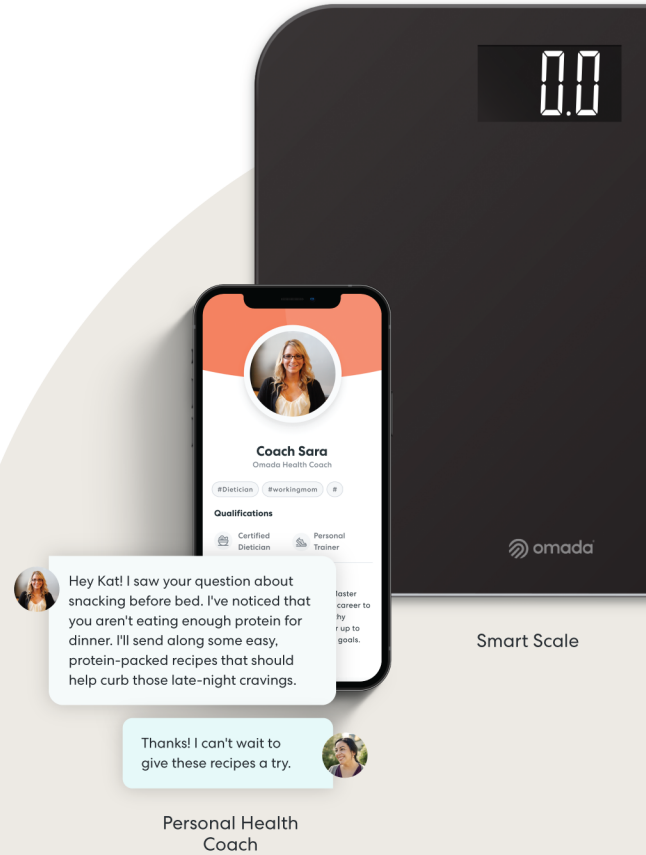
Your health coach will start by getting to know you and learn about your motivations and challenges in reaching your health goals. Whether you want to lose weight, eat better, or increase energy, your health coach will help you create a plan that fits your life. They'll provide dedicated one-on-one support to help you improve your health (mind and body) and cope with struggles, while cheering you on every step of the way.

What's the time commitment?

You can use the program as long as you need it and as long as it's made available to you by your employer. On average, members participate 1-2 hours per week.

Who is eligible for this program?

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna HealthcareSM, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.



What do I get as a member?

You get a program valued up to \$700—at no cost to you.

- ✓ A personal health coach
 - ✓ A personalized care plan
 - ✓ Weekly lessons
 - ✓ Tools for managing stress
 - ✓ Online peer group and communities
- + Plus, you get a smart scale to track your progress. And it's yours to keep!**

Get Started Today

Scan the code using your mobile device or visit the website below.



omadahealth.com/omadaforcignaglobal

I've tried many different diets in the past. How is Omada different?

Omada focuses on building healthy habits that *last*. It's not about counting calories or avoiding foods you "can't eat" or things you "shouldn't do." Instead, through lessons, food tracking, and setting small, simple goals, you'll learn how to build healthier routines around what you love and what works for you—all with the support and guidance of your personal health coach. **Omada members who complete their health goals with the support of a health coach are 2.5X more likely to lose weight.¹**

How does Omada help me with stress?

If you experience stress, have trouble sleeping, or struggle with motivation, your personal health coach will provide you with coping techniques and exercises and help you make a plan towards feeling better, in both mind and body.

Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be eligible. Refer to your health benefit documents for details.

I already see my doctor about my health. Do I still need Omada?

Omada makes sure you have the care you need between doctor visits. In fact, Omada can be your day-to-day support. By monitoring your progress over time, you'll be able to share your progress with your doctor.

Will my information be safe?

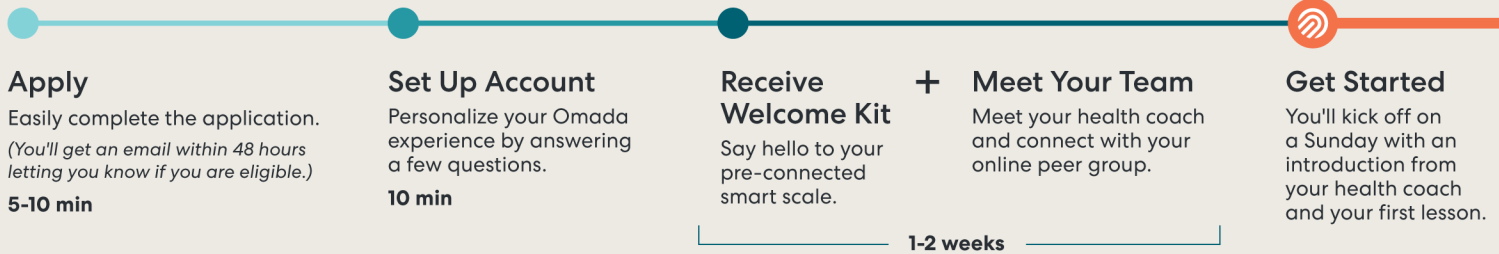
Omada takes your personal health information seriously. Your participation in the program is confidential and we follow all federal and state privacy regulations as a healthcare provider. To learn more, please read Omada's Privacy Policy and Terms of Use, and Notice of HIPAA Privacy Practices.



I came in thinking what I needed more than anything was to lose weight. But what I actually needed was to love and accept myself. Funny that Omada and my coach should lead me into that.

—
Heather, Omada member

How do I get started?



Questions?

If you are currently a member, you can email support@omadahealth.com, call (888) 409-8687, or check out our help center articles at support.omadahealth.com.

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omadahealth.com/omadaforcignaglobal



¹ Omada internal analysis, member population data 8/2020 - 3/2021, on our diabetes, prediabetes, and hypertension programs.

Omada is available at no cost when covered by your employer or health plan.

Images, including apps, do not reflect real members or information about a specific person.

Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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