



Access a health program built just for you

Omada® is a personalized program with one-on-one coaching, specialist* support and smart devices to help members lose weight, manage diabetes, and lower blood pressure.

The best part: the program — up to a \$1,700 value — is no cost to you if you're eligible to join.

If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, Metro Government will cover the entire cost of the program.



Get started today:
omadahealth.com/metronash

\$0
cost
to you

Which program can help you?

Manage diabetes more easily

Control your blood sugar with less stress and more confidence.

- ✓ Smart devices: two continuous glucose monitors (CGMs), blood glucose meter and ongoing supply of test strips and lancets, and smart scale*

Take control of your blood pressure

Learn ways to lower your blood pressure outside of just medication with dedicated support.

- ✓ Smart devices: a blood pressure monitor and smart scale*

Lose weight

No food restrictions. No counting calories. Lose weight and improve your overall health.

- ✓ A smart scale to monitor progress

What do you get as a member?

At no cost to you, each program provides:

- ✓ A personal health coach
- ✓ A clinical specialist (if eligible)
- ✓ All the smart devices you need
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

“ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”

- Amy, Omada member

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

*Certain connected devices and features provided as a part of an Omada program are only available to members in the applicable program who meet program and clinical eligibility requirements. CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.