

Omada Healthy Habits | 2022



Join Omada® to build healthy habits that last

Omada is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that's around eating, activity, sleep, or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

- Eat healthier

Learn the fundamentals of making smart food choices.

- Increase activity

Discover easy ways to move more and boost your energy.

- Overcome challenges

Gain skills that allow you to break barriers to change.

- Strengthen habits

Zero in on what works for you, and find lasting motivation.

- Stay healthy for life

Continue to set and reach your goals with strategies and support.

MORE GREAT NEWS:

You'll receive the program at no additional cost—a \$650 value—if you or your adult dependents are enrolled in the company medical plan offered through Blue Cross Blue Shield of Michigan and are at risk for type 2 diabetes.

See if you're eligible:
omadahealth.com

Blue Cross Blue Shield of Michigan and Blue Cross Network of Michigan are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

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YOU'LL GET YOUR OWN:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants