

HEALTHY HABITS, BUILT OVER TIME



Omada® is an online lifestyle change program that can help Cigna members lose weight, feel good, and develop long-term healthy habits.¹

• 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

Get an additional eight months of tips, strategies and support.

MORE GREAT NEWS: You'll receive the program at no additional cost if you or your adult dependents are enrolled in a Cigna medical plan offered through the State of Tennessee, are at risk for diabetes, and are accepted into the program.

Take Omada's 1-minute health screener to see if you're eligible:
omadahealth.com/partnersforhealth

If eligible, you can apply online to join the program. Email support@omadahealth.com or call 888.409.8687, Monday through Friday, 11am-9pm ET if you have questions.

¹ References available; contact the Omada Medical Affairs team

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YOU'LL GET YOUR OWN:



Online interactive program



Wireless smart scale



Weekly online lessons



Professional online Omada health coach



Small online group of participants