



## NEW HEALTH PROGRAM AVAILABLE AT NO COST FOR SCS EMPLOYEES!



### omada

Omada®, a digital lifestyle change program, can help you lose weight and develop healthy habits. Free for all employees enrolled in SCS health insurance who are at risk for diabetes or heart disease.

#### ONCE ACCEPTED TO THE PROGRAM, YOU'LL GET:



An interactive program to guide your journey



A wireless smart scale to monitor your progress



Weekly online lessons to empower you



A professional Omada health coach to keep you on track



A small online group of participants to keep you engaged

Check your eligibility at [omadahealth.com/scsk12](http://omadahealth.com/scsk12)