

Presented by



MN



# Join Omada® – a whole new way to get healthy



NEW

get support for  
Type 1 & Type 2  
Diabetes!

Omada® is a personalized program designed to help you reach your health goals, whether that's losing weight, managing diabetes, or improving your overall health. You'll get a dedicated health coach and the latest technology to support you in making lasting changes that fit your life, one step at a time.

#### **Eat healthier, move smarter**

Discover easy ways to sneak healthy choices into daily life.

#### **Get a personalized plan**

Whether it's meditation or medication, zero in on your needs.

#### **Track progress seamlessly**

Monitor your weight or blood glucose with the devices you need delivered to your door.

#### **Overcome challenges**

Gain skills that allow you to break barriers to change.

#### **Improve your overall health**

Set and reach your evolving goals with strategies and support.

#### **More good news:**

All at no cost to you: If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan, MHC will cover the Omada program as part of your health plan.\*

Take a few minutes to see if you're eligible:

[omadahealth.com/mhc](https://omadahealth.com/mhc)

#### **You'll get your own:**



Personalized  
program



Professional  
health coach



Connected smart  
scale and/or  
glucose meter



Weekly  
online lessons



Online  
community



Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association. The Omada Program is from Omada Health, Inc., an independent company providing digital care programs.