



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

You'll get your own:



Personalized program



Professional health coach



Connected smart scale and/or glucose meter



Weekly online lessons



Online community