



 **DIABETES AND HEART DISEASE PREVENTION**

OPEN THE DOOR TO BETTER HEALTH

Take steps toward keeping diabetes and heart disease at bay

Discover how to build healthy habits that last

Feel healthy for life with Omada®.

Omada is an online program that can help you lose weight, feel great and lower your risk for Type 2 diabetes and heart disease.

Omada combines science and support to help you develop healthy habits that last. You get personal support and interactive tools to get and keep you motivated:

- One-on-one guidance from a professional health coach
- A welcome kit with a wireless smart scale and other tools to track your progress
- An online peer group for motivation from people who get it
- Interactive weekly lessons on nutrition, fitness, sleep and stress
- On-the-go convenience with a mobile app
- And more

This program is available at no cost to you and adult family members if you qualify. Find out by answering a few quick questions — it just takes a minute.



Did you know?

Members who complete goals with care team support are **250% more likely to achieve outcomes.***

LEARN MORE

Visit omadahealth.com/BCBSMN1 today.

*resourcecenter.omadahealth.com/omada-resources/omada-health-unveils-the-omada-insights-lab-a-cross-functional-data-driven-initiative-aiming-to-transform-healthcare-delivery-and-outcomes.

The Omada program is from Omada Health, Inc., an independent company providing digital care programs.

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