

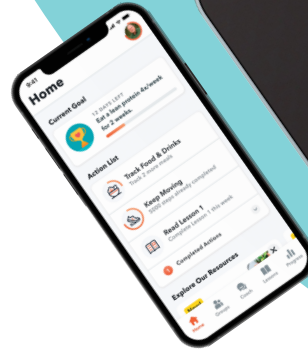


Access a health program built just for you

You now have access to Omada® as a covered benefit thanks to your employer. Sign up during this open enrollment period and get your welcome kit shipped to your door.

The best part: the program — a \$700 value — is no cost to you if you're eligible to join.

You'll receive the program at no additional cost if you or your adult dependents are enrolled in the State Health Plan PPO administered by Blue Cross and are at risk for type 2 diabetes or heart disease.



Claim my welcome kit:
omadahealth.com/SOM

\$0
cost to you.

Your personal Omada health coach will help you:

✓ Eat healthier

Rethink your plate without counting calories or cutting your favorite foods.

✓ Gain more energy

Improve your energy with weekly lessons and tips.

✓ Sleep better

Learn how to get better sleep at night.

✓ Better manage stress

Get exercises and tools to help set your mind at ease.

What do you get as a member?

- ✓ A dedicated health coach
 - ✓ A personalized care plan
 - ✓ Weekly lessons
 - ✓ Tools for managing stress
 - ✓ Online peer group and communities
- + Plus, you get a welcome kit with a smart scale to track your progress. And it's yours to keep!**

“ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”

- Amy, Omada member