

# THE PARTICIPANT'S JOURNEY


## INTRODUCING OMADA

### FIND OUT ABOUT OMADA®




Omada® is a digital care program that empowers people to achieve their health goals. Participants get the support and tools they need, including a health coach, wireless smart scale, interactive lessons, and more.

#### LEARN MORE




But is it for me?




[Omadahealth.com/omadaforcigna](https://omadahealth.com/omadaforcigna) makes it easy for people to find out more about Omada.

#### APPLY FOR OMADA




Ok, I think I'm ready for a change.




Eligible individuals can then immediately complete the 5-10 minute application, which asks about an individual's demographics, health status, and benefits information to see if they're eligible.

#### RECEIVE CONFIRMATION




Yay, I'm in!




In 1-2 days they'll receive an email letting them know if they qualify to join, at no additional cost to the individual.

#### SET UP ACCOUNT




I'm really doing this...




They answer a few questions to help Omada personalize their experience. This takes about 10 minutes.

#### RECEIVE A WELCOME KIT




Oooh, tools for success!




Within 1-2 weeks of completing account setup, participants receive their wireless smart scale, which helps to track their progress in the program.

#### MEET THE TEAM




I'm glad we're all in this together.




They are matched with a health coach and group of participants facing similar challenges for encouragement at every step.

#### PROGRAM KICK OFF



And off we go!



Groups kick off each Sunday with an intro message from the coach and access to the first lesson.

# PARTICIPANT'S EXPERIENCE

## OMADA FOR PREVENTION

Omada curates a personalized experience based on a participant's preferences and unique health goals. Building upon the CDC's original Diabetes Prevention Program curriculum, Omada for Prevention provides the following features.



### PROFESSIONAL HEALTH COACH



This is the ongoing support I need

Each participant is paired with a compassionate, proactive coach skilled in chronic disease prevention and the interpretation of each participant's unique data.



### EVIDENCE-BASED CURRICULUM



I finally understand my risk factors

Weekly engaging lessons focus on knowledge and practical skills around healthy eating, activity, stress, and sleep that build self-efficacy around chronic disease prevention.



### SUPPORTIVE PEER GROUP



I feel inspired by my peers

Each participant is matched with a group of like-minded peers facing similar challenges to motivate and encourage participants to build healthy habits, one step at a time.



### INSIGHTFUL HEALTH GOALS



I feel empowered to make progress

Real-time data and personalized coach feedback empower participants to make meaningful progress each day.



### WIRELESS SMART SCALE



I can easily see how I'm doing

Participants receive a wireless scale to help them track progress, and provide personalized feedback to reveal what is and isn't working.



Healthy patterns for life.



### HEALTHY HABITS THAT STICK



I'm confident that I can keep this going

Participants practice techniques for making their healthy habits stick, for good.

Employees and covered adult dependents that are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, will receive the program at no additional cost.