

Beat the odds this holiday season with Omada

The average Omada participant actually loses weight over the holidays.



Omada® is a digital lifestyle change program that inspires healthy habits that last.

- **EAT HEALTHIER**

Learn the fundamentals of making smart food choices.

- **INCREASE ACTIVITY**

Discover easy ways to move more and boost your energy.

- **OVERCOME CHALLENGES**

Gain skills that allow you to break barriers to change.

- **STRENGTHEN HABITS**

Zero in on what works for you, and find lasting motivation.

- **STAY HEALTHY FOR LIFE**

Get an additional eight months of tips, strategies and support.

MORE GREAT NEWS: You'll receive the program at no additional cost if you or your adult dependents are enrolled in a Cigna medical plan offered through the State of Tennessee, are at risk for diabetes, and are accepted into the program.

TAKE A ONE-MINUTE RISK SURVEY TO SEE IF YOU'RE ELIGIBLE:

omadahealth.com/partnersforhealth

YOU'LL GET YOUR OWN:



Interactive program



Wireless smart scale



Weekly online lessons



Professional Omada health coach



Small online group of participants

¹ References available; contact the Omada Medical Affairs team

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