

OMADA FOR PREVENTION



ABOUT OMADA

Omada For Prevention is a virtual program designed to help you manage your weight, reduce risk of type 2 diabetes, heart disease, and stroke, all by improving your overall health. With expert support from a personal health coach and a smart scale to track your progress, you will learn how to make lasting changes at your own pace.

Best of all, if you are eligible, the program comes at no cost to you!

Omada Welcome Kit

Every member receives a free welcome kit with a smart scale that is shipped to your door. The scale syncs automatically, allowing you to track your weight and habit changes over time.

Support Services

Members receive access to weekly sessions, nutrition counseling, mental health support, food and activity trackers, and online peer groups.

GETTING STARTED

The Omada program is virtual, so you can manage your progress and health from anywhere. Scan the QR code to see if you are eligible. Log in to get your exclusive access code and your link to apply to Omada.

This program applies to all enrolled members (18+).



QUESTIONS?

You can email support@omadahealth.com, call **888.409.8687** or visit the Omada help center articles at support.omadahealth.com/hc/en-us



Getting started is easy! It takes just minutes to apply and see if you're eligible:



Apply

Complete the application.
(You should receive an email within 48 hours letting you know if you are eligible.)

5-10 min



Set Up Your Account

Personalize your Omada experience by answering a few questions.

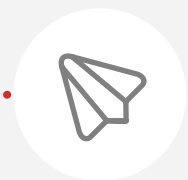
10 min



Receive A Welcome Kit + Meet the Team

- Receive your smart devices.
- Meet your Omada health coach and connect with your online peer group.

1-2 weeks



Get Started

You will kick off on a Sunday with an introduction from your Omada health coach and your first lesson!