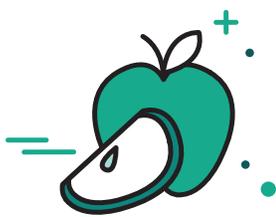


# Omada for Prevention



## Build healthy habits that last

Good news: Changing habits and reducing your risk for chronic disease just got a little easier. Omada for Prevention is a digital lifestyle change program that helps you create healthy routines — and helps you make them stick.\* It combines smart health devices with ongoing personal support to help you make the changes that matter most to you. Want to eat healthier? Get more physical activity? Improve your sleep? Lower your stress? Omada offers a better way to lose weight and reduce your risks for type 2 diabetes and heart disease.

### Features

Omada can help you learn how to make smart food choices, discover easy ways to boost your activity, and overcome challenges that block you from getting healthier. You'll get support and strategies to help set and reach your goals, including:

- An interactive program with an engaging app to guide your journey anywhere, anytime.
- A wireless smart scale to monitor your progress.
- Weekly online lessons to empower you.
- A professional Omada health coach to keep you on track.
- A small online group of participants to keep you engaged.



If you or your adult dependents are at risk for type 2 diabetes or heart disease, you can get Omada at no additional cost. Take a quick online health assessment to see if you're eligible at [OmadaHealth.com/Medica](https://www.OmadaHealth.com/Medica).

\*Omada isn't available with all Medica health plans. To check if you're eligible, call our Customer Service team. The number is on the back of your Medica ID card.

# Frequently asked questions

## What is Omada for Prevention?

It's a digital lifestyle program that can help you lose weight, feel great, and build long-term healthy habits. Watch a two-minute video at [OmadaHealth.com/Medica](https://www.OmadaHealth.com/Medica).

## Who's eligible for the program? How much does it cost?

Medica members (ages 18+) who are at risk for diabetes or heart disease are eligible to participate at no cost. To find out if you are at risk and eligible to participate, complete a short health assessment at [OmadaHealth.com/Medica](https://www.OmadaHealth.com/Medica).

## How long does the Omada for Prevention program last?

You can participate in the program for up to two years.

## How can you get started?

1. Take a quick health assessment at [OmadaHealth.com/Medica](https://www.OmadaHealth.com/Medica).
2. If the results show a risk for prediabetes or heart disease, you'll complete a brief online application.
3. Once enrolled in the program, you'll get an email from [Support@OmadaHealth.com](mailto:Support@OmadaHealth.com) with information on how to set up your personal Omada account.
4. You'll receive a welcome kit in the mail that includes your wireless smart scale and other resources.
5. Groups kick off each week with an introductory online message from your coach.



## Have questions? We're here.

Call our Customer Service team at the number on the back of your Medica ID card. For questions about the status of your program enrollment or Omada account, email [Support@OmadaHealth.com](mailto:Support@OmadaHealth.com) or check out Omada's help center articles at [Support.OmadaHealth.com](https://www.Support.OmadaHealth.com).