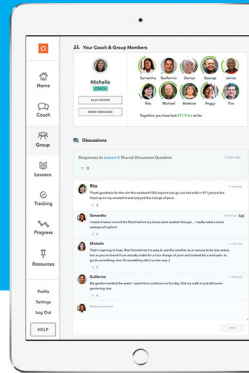
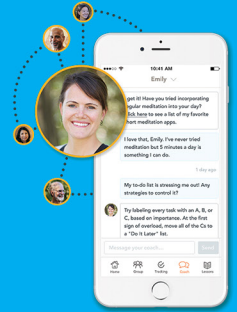




STARTING JANUARY 2024



# Join Omada to build healthy habits that last

Omada® is a personalized program designed to help you reach your health goals, whether that's losing weight, taking control of your blood pressure, or improving your overall health. It combines the latest technology with ongoing support so you can make the changes that matter most—one small step at a time.

- **Eat healthier, move more**  
Discover easy ways to sneak healthy choices into daily life.
- **Develop a personalized plan**  
Whether it's meditation or medication, zero in on your needs.
- **Stabilize your blood pressure**  
Work with your coach to identify patterns and opportunities.
- **Track progress seamlessly**  
Monitor your activity to discover what is (and isn't) working.
- **Break barriers to change**  
Gain powerful problem-solving skills to overcome challenges.

### All at no cost to you:


If you or your adult family members are enrolled in our Blue Cross and Blue Shield of Illinois health plan and are at risk for type 2 diabetes or heart disease—or are living with high blood pressure and are eligible—the Omada program is included in your benefits.


This includes the devices you need like a connected scale and/or blood pressure monitor delivered right to your door—yours to keep!


Find out if you're eligible:

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### You'll get your own:

 Personalized program

 Professional health coach

 Smart health devices

 Weekly online lessons

 Small peer group

[omadahealth.com/omadaforbcbsil](https://omadahealth.com/omadaforbcbsil)