

# Join Omada® to build healthy habits that last



Omada is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that’s around eating, activity, sleep, or stress. It’s an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

**• 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.

You’ll receive the program at no additional cost if you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for diabetes or heart disease, and are accepted into the program.

**Take Omada’s 1-minute health screener to see if you’re eligible:**

[omadahealth.com/norwich](http://omadahealth.com/norwich)

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**YOU’LL GET YOUR OWN:**



Interactive program



Wireless smart scale



Weekly online lessons



Professional Omada health coach



Small online group of participants