



Great news, spots in the Omada® program are now open at no cost to you, if you're eligible.

Don't miss this chance to lose weight, build healthy habits, and improve your overall health with this personalized program.

Find out if you're eligible at omadahealth.com/norwich

What is Omada?

Omada connects the dots between knowing how to get healthy and actually doing it. You'll gain 24/7 support from a professional health coach, accountability from a wireless smart scale, empowerment from weekly lessons, and encouragement from an online community.

All at no cost to you: If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

Visit omadahealth.com/norwich to learn more.

If you have questions or want more information, please contact HR – nuhr@norwich.edu

P.S. If you're already enrolled in Omada, your health coach is always there to help you reach your evolving health goals. Check out the newest features in Omada today!

The Omada® program is administered by Omada Health, Inc., an independent third party service provider. All Cigna® products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation,

including Cigna Health and Life Insurance Company or its affiliates. The Omada® program is not administered by Cigna. It is administered solely by Omada Health, Inc. which is responsible for the program.

If you don't qualify for OMADA, but want a structured activity to help you get fit, The Edge "90-Day Commit to Get Fit" program might be what you are looking for!

The Edge online 90 Day Commit to Get Fit Program is a comprehensive online wellness program designed to provide an education to enrich your life and help you become healthier. Over the course of 13 weeks you will work with a health coach, a Registered Dietitian and a personal trainer to support you to adopt and maintain healthy lifestyle behaviors. Topics will include fitness, nutrition, stress management and behavior modification. This program will help you build a customized wellness plan, improve your health risk factors, reduce body fat and gain muscle, practice stress management and gain new energy and learn how to eat right and stay on track. There is a fee associated with this program but a portion may be covered by your health insurance and GMHEC will kick in a portion of the payment. To learn more, contact Nicole Williams, Director of The Edge Preventative Care at NWilliams@edgevt.com.