

JOIN OMADA TO BUILD HEALTHY HABITS THAT LAST



Omada® is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it.

- PHASE 1** ● **EAT HEALTHIER**
Learn the fundamentals of making smart food choices.
- PHASE 2** ● **INCREASE ACTIVITY**
Discover easy ways to move more and boost your energy.
- PHASE 3** ● **OVERCOME CHALLENGES**
Gain skills that allow you to break barriers to change.
- PHASE 4** ● **STRENGTHEN HABITS**
Zero in on what works for you, and find lasting motivation.
- PHASE 5** ● **STAY HEALTHY FOR LIFE**
Get an additional eight months of tips, strategies and support.

MORE GREAT NEWS: If you or your adult family member are at risk for type 2 diabetes or heart disease and enrolled in an Office of Group Benefits Blue Cross health plan, the Office of Group Benefits, working with Blue Cross and Blue Shield of Louisiana, will cover the entire cost of the program—a \$650 value.

TAKE A ONE-MINUTE HEALTH TEST TO SEE IF YOU'RE ELIGIBLE:

omadahealth.com/ogb
or text **OGB** to **444999**

YOU'LL GET YOUR OWN:

-  Omada health coach
-  Wireless smart scale
-  Online peer group for support
-  Program that adapts to you
-  Interactive weekly lessons
-  Digital pedometer

