

# Get the tools you need for better health

No cost to you and yours to keep.



With Omada® you'll get private, personal support from a health coach and clinical specialist\* to make small, simple changes to the way you eat, move, sleep, and manage stress.

## Plus smart devices to track your progress along the way.\*

- ✓ **Diabetes Program:** Receive two continuous glucose monitors (CGMs)<sup>†</sup> and a blood glucose meter with all the lancets and test strips you need.
- ✓ **Hypertension Program:** We'll send you a blood pressure monitor and smart scale that's already connected to your account.
- ✓ **Weight Loss Program:** Get a connected smart scale to help you track your progress and learn exactly what impacts your weight.



Claim my welcome kit:  
[omadahealth.com/lsc](https://omadahealth.com/lsc)

**\$0** cost to you.

\*Certain connected devices and features provided as a part of an Omada program are only available to members in the applicable program who meet program and clinical eligibility requirements. CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.

<sup>†</sup>The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.



**Included in your benefits at no cost to you if eligible, thanks to LSC.**

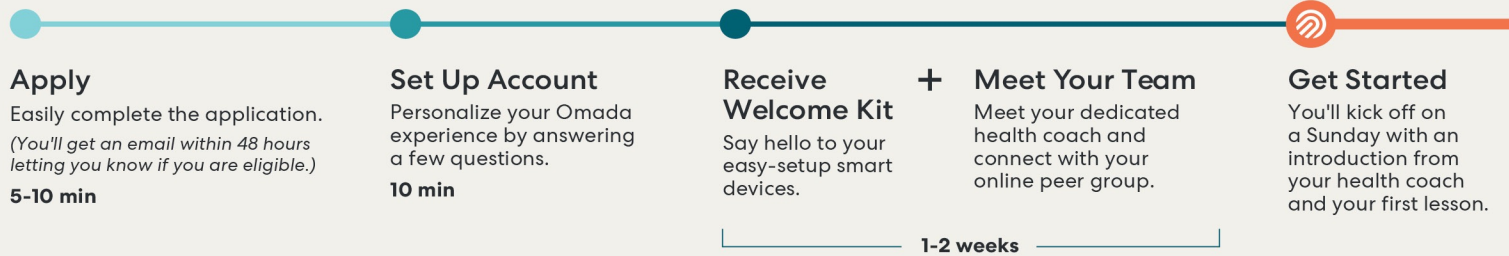
Omada is a personalized program that fits easily into your busy life, so you can make healthy choices without feeling overwhelmed.

## Your program includes

- ✓ A personal health coach and clinical specialist\*
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities
- ✓ Smart devices to help you track and monitor your progress



## How do I get started?



## Members love Omada

“Everyone should have access to Omada! The program is awesome, and easy to make small changes with a big impact on my health.”

- Jennifer, Omada member



Claim my welcome kit:  
[omadahealth.com/lsc](https://omadahealth.com/lsc)

**\$0 cost to you.**

If you or your adult family members are enrolled in an LSC Medical Program option and are at risk for type 2 diabetes or heart disease—or are living with diabetes or high blood pressure and are eligible—the Omada program is included in your benefits.

\*Certain connected devices and features provided as a part of an Omada program are only available to members in the applicable program who meet program and clinical eligibility requirements.

Image used is not a real member. Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.