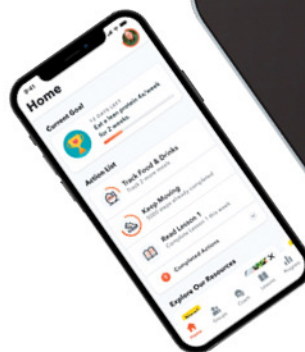


Access a health program built just for you

Omada® is a personalized program that helps members lose weight and create healthier habits through one-on-one personal coaching and the tools needed to make long-lasting health changes.

The best part: the program is at no additional cost to you if you're eligible to join.

All at no additional cost to you: If you are eligible, DICK'S Sporting Goods will cover the entire cost of the program.



See if you're eligible:
express-scripts.com/healthsolutions

Log in to get your exclusive access code and link to apply to Omada.

\$0

**additional
cost to you**

Your personal Omada health coach will help you:

✓ Eat healthier

Rethink your plate without counting calories or cutting your favorite foods.

✓ Gain more energy

Improve your energy with weekly lessons and tips.

✓ Sleep better

Learn how to get better sleep at night.

✓ Better manage stress

Get exercises and tools to help set your mind at ease.

What do you get as a member?

- ✓ A personal health coach
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

+ Plus, you get a smart scale to track your progress. And it's yours to keep!

“ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”

- Amy, Omada member