

Access a health program built just for you

Omada® is a personalized program that helps members lose weight and lower blood pressure through one-on-one personal coaching, support from a specialist, 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're living with high blood pressure and are eligible, DICK'S Sporting Goods will cover the entire cost of the program. This includes a connected scale and blood pressure monitor delivered right to your door—yours to keep!



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?

All at no additional cost to you.

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

Plus, you get smart devices to monitor your blood pressure and track your progress. You keep them all.

- ✓ Blood pressure monitor
- ✓ Smart scale (if clinically eligible)

“ Members love Omada

“Just by changing my diet a bit, being more active and learning how to better manage stress, I feel like I can finally control this. I couldn't be happier that I found something that works without being on pills.”

- Jerry, Omada member