



LILLY, OMADA HEALTH COACH

Great to see the tips we talked about are helping! Keep up the great work!



Zero judgment. Zero costs.

Everyone deserves zero-judgment support for better health. Omada®'s easy-to-follow program helps members get healthier.

Our members love Omada:

"I want to improve the quality of my life. It's about changing the way I feel day-to-day about myself and reducing my stress levels. I feel more empowered!"

- AILEENA, OMADA MEMBER

Effective 10/1/22, OEGB members who are covered by Kaiser Permanente may be eligible for the Omada program at \$0 cost. This program is for members who are 18 years and older and at risk for type 2 diabetes or heart disease.

**Coming
October 1st!**

Stay tuned for
more details on the
Omada Program

What you get with Omada:

A program value up to \$700
—at no cost to you.



YOUR PERSONAL HEALTH COACH

One-on-one support with an actual human who cares about your progress.



EXPERT ADVICE, TAILORED TO YOU

Manage food, activity, sleep and stress with personalized support.



SMART SCALE INCLUDED

Track your progress with this easy-to-use, synced device.



ONGOING EMOTIONAL SUPPORT

Access tools and resources to ensure your mindset is healthy, too.



STARTING 10/1, JOIN FOR \$0

omadahealth.com/OEGB