

Access health programs built just for you

Join over one million lifetime Omada® members on their path to improved health.

\$0
cost
to you



You may be eligible for exciting programs to improve your health

MDCPS is offering Omada for one-on-one health coaching and smart devices to help members manage diabetes, lower blood pressure or lose weight.*

Omada offers virtual programs that help members lose or manage weight, lower blood pressure or manage diabetes.

Each program provides expert support from a dedicated care team and smart devices to monitor your progress. You'll learn to make small changes that last—at your own pace—so you live healthier, feel better and have more energy.

The best part: Omada is no extra cost to you if you're clinically eligible to join—up to a \$1,700 value.



Claim my benefit
omadahealth.com/mdcps

You'll receive the program at no cost if you're an M-DCPS employee or adult dependent enrolled in a Cigna Healthcare plan, are at risk for type 2 diabetes or heart disease or are living with diabetes or high blood pressure, and are accepted into the program.

*Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.