

# Your health, your way

Omada® for Prevention is a personalized program that gives you the tools and support to reach your health goals—at no extra cost to you!\*

## With Omada, you'll get access to:

- An Omada health coach to keep you on track
- A wireless smart scale to monitor progress (and keep for good)
- A personalized dashboard to guide your journey
- An online community tailored to your interests
- Interactive weekly lessons

## Reach your health goals, one step at a time

We'll create a personalized path to help you get there. Find healthy habits that work for you.

## Lose weight

- Ongoing one-on-one health coaching
- Connected scale to monitor progress
- Nutrition tips, ideas, and recipes

## Improve your overall health

- Ongoing one-on-one health coaching
- Connected scale to monitor progress
- Nutrition tips, ideas, and recipes

## Is Omada for Prevention right for me?

The program is available at no cost to eligible members\* who are at risk for developing type 2 diabetes or heart disease.

Members taking at least one of the following drugs may be eligible for the Omada Prevention Program:

- Metformin (without other diabetic medications)
- Blood pressure medications
- Cholesterol medications

\*To be eligible for Omada, members must have Express Scripts Inc., as their pharmacy benefit manager.

©2024 Wisconsin Physicians Service Insurance Corporation. All rights reserved.  
JO26215 37410-100-2409



## Get started

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

[express-scripts.com/healthsolutions](https://express-scripts.com/healthsolutions)

