

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

- Strategies to sleep better and manage stress
- Interactive lessons to build healthy habits
- Techniques to overcome challenges

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.



Get started

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

express-scripts.com/healthsolutions

