Access a health program built just for you

Omada® is a personalized program that helps members lose weight and create healthier habits through one-on-one personal coaching and the tools needed to make long-lasting health changes.

The best part: the program — up to a $700 value — is at no additional cost to you if you’re eligible to join.

If you or your covered adult dependents are enrolled in the MCPS medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you’ll receive the program at no additional cost.

Check to see if you are eligible and JOIN TODAY FOR $0 omadahealth.com/mcps

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?

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

Plus, you get a smart scale to track your progress. And it’s yours to keep!

“Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”

- Amy, Omada member