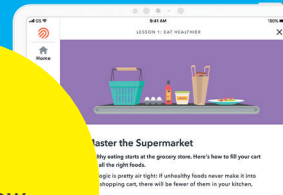




# Join Omada to build healthy habits that last



New

Omada now  
supports diabetes!

Omada® is a personalized program designed to help you reach your health goals—whether that's losing weight, staying on top of your diabetes, or improving your overall health. It combines real human support with the latest technology so you can make lasting changes, one step at a time.

- **Eat healthier, move more**

Discover easy ways to sneak healthy choices into daily life.

- **Develop a personalized plan**

Whether it's meditation or medication, zero in on your needs.

- **Track progress seamlessly**

Monitor your activity to discover what is (and isn't) working.

- **Break barriers to change**

Gain powerful problem-solving skills to overcome challenges.

- **Feel healthy for life**

Set and reach your evolving goals with strategies and support.

**All at no cost to you:** If you or your adult family members are at risk for diabetes or heart disease or are living with diabetes, and enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan, Allianz Partners will cover the Omada program as part of your health plan.

Get started today:

[omadahealth.com/allianz](https://omadahealth.com/allianz)

## You'll get your own:



Omada health  
coach



Connected scale  
and/or glucose  
meter



Online  
Community



Weekly  
lessons



Actionable  
data