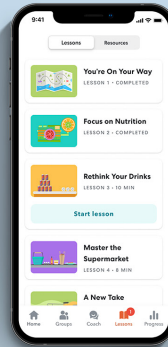
 omada for Prevention

Get healthy your way



Create lasting change with Omada® for Prevention.
All at no cost to you.

What you'll get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach
- ✓ Wireless smart scale
- ✓ Interactive weekly lessons

Do what works for you

Find healthy habits and routines that work for you.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part?

Diabetes Prevention Program (DPP) services are a benefit covered at 100% to you or your adult family members who are enrolled in a Blue Cross Blue Shield of North Dakota group health plan and at risk for type two diabetes. If you wish to participate in a DPP program offered by your local health care provider, please check to see if these services are eligible for 100% coverage. DPP services provided by Omada are covered at 100%.

It only takes a few minutes to get started:

omadahealth.com/bcbsnd

With Omada, there's
a program for you



Weight loss &
overall health

Scan to learn more



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association. Omada Health is an independent company that provides health coaching services on behalf of BCBSND.