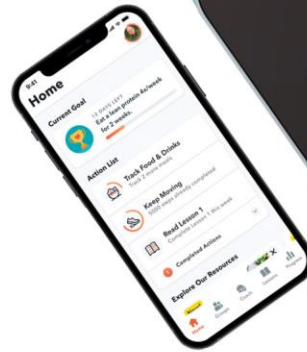


Access a health program built just for you

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 no cost to you if you're eligible to join.



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%.



Get started today:
omadahealth.com/bcbsnd

\$0
cost
to you

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

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

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.