

Omada for Cigna and Kaiser Permanente Members

In today's fast-paced world, stress can take a toll on your mental health. Omada Health is here to support you with personalized programs and dedicated care. Omada can help you:

- **Understand stress**—Learn how stress affects your body and mind, and identify your personal triggers.
- **Practice mindfulness**—Engage in guided meditation, deep breathing exercises, and relaxation techniques to foster a calmer, more focused you.
- **Maintain a positive outlook**—Through personalized coaching with dedicated health coaches, develop coping strategies and build resilience around stress triggers and life events.

As a part of your Cigna or Kaiser Permanente medical plan, Omada costs qualifying employees nothing and provides a—

- dedicated care team with a health coach,
- personalized care plan tailored to your lifestyle, and
- welcome kit with smart devices to easily track your progress.

If you or a covered family member are at risk for type 2 diabetes and/or heart disease and are accepted into the program, your medical plan will cover the cost. Claim your benefit today at omadahealth.com/mcps.