

Let Omada Help You Prioritize Your Mental Health

Feeling overwhelmed? You are not alone.

In today's fast-paced world, stress can take a toll on your mental health. Omada Health is here to support eligible Montgomery County Public Schools (MCPS) employees with personalized programs and dedicated care.

Omada can help with the following:

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

MCPS-employed Cigna and Kaiser Permanente members who are at risk for type 2 diabetes or heart disease* are eligible for access to Omada at zero cost. With Omada, you will receive a—

- dedicated care team, including a health coach;
- personalized care plan tailored to your lifestyle; and
- welcome kit with smart devices to easily track your progress 24/7.

Claim your benefit today at omadahealth.com/mcps.

**Eligibility typically requires a BMI of 25 or higher (or 23+ if of Asian descent) or qualifying scores on a prediabetes risk screener.*