



## Get the tools you need for better health

No cost to you and yours to keep.



With Omada® you'll get private, personal support from a health coach to make small, simple changes to the way you eat, move, sleep, and manage stress.

## Plus a smart scale to track your progress along the way.

- Readings sync to your account automatically.
- ✓ See how habit changes impact your weight over time.
- Get a personalized plan based on your weight readings.



Claim my welcome kit: omadahealth.com/peip

\$ cost to you.

If you or your adult (age 18+) family members are at risk for type 2 diabetes or heart disease, and enrolled in one of the PEIP health plans, the Omada program will be covered as part of your health plan.