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Achieve your health goals at no cost with Omada [1]

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Omada is a virtual health program that provides personalized support to people at risk for or living with chronic conditions such as type-2 diabetes, hypertension and heart disease. Even if you are not at risk or living with a chronic condition, Omada for Prevention helps you build a plan, and access tools and resources for prevention, enabling you to reach your health goals. The program incorporates insights into social networking, gaming and behavioral science to motivate critical lifestyle changes. The best part? You may be eligible to participate for no out-of-pocket expense.

Omada's next enrollment period starts March 14. When you register, you'll receive the tools, support and resources critical for building long-term healthy habits, such as:

- On-demand access to a personal professional health coach.
- A wireless scale pre-synced to a password protected account.
- Individualized interactive health curriculum.
- A peer group for motivation and encouragement.

Omada is not a traditional "diet program." It focuses on initiating lifestyle changes around nutrition, physical activity and overall wellbeing, not counting calories or restricting yourself from certain foods. The program takes a holistic approach, addressing health in a more comprehensive manner by providing support on things like sleep and stress management, alongside diet and exercise.

With weekly lessons and automatic synchronization with your phone or activity tracker, Omada makes establishing healthy habits convenient. Your plan is tailored to you, allowing Omada's virtual care teams to educate, coach and cheer you along on your health journey. The program is backed by best practices that align with the latest clinical guidelines and advisories.

Overall, 88% of the more than 1 million Omada participants were satisfied [3]with the program. Participants who messaged [4] their health coach were twice as likely to achieve positive health outcomes and were 94% more likely to achieve these outcomes if they messaged their health coach within the first week. Omada's methods and programs are scientifically backed by peer reviewed studies [5], white papers [6] and case studies [7].

Many CU employees have already begun using Omada in their day to day lives, leading to tangible results and positive lifestyle changes. Review what CU employees have to say about Omada on The CU Advantage [8].

Omada is free to any CU Health Plan member in a benefits-eligible position who qualifies for the program. Register for Omada today by visiting the Be Colorado website [9] and taking a quick health survey.

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