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It only takes one minute to make a positive impact on your life, starting with Omada [1]

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While losing weight, it may feel like you are on your own while creating a healthy lifestyle. You no longer have to feel alone in your quest for better health by joining Omada [3].

This online, lifestyle-intervention program offers a new way to get healthy by providing social support networks, fun health lessons and health-based technology to reduce your risk for Type 2 diabetes and heart disease.

The best part? As a CU Health Plan Member, you don't have to spend a dime; your plan has you covered.

Participation includes:

- A wireless scale that can connect to your phone to help monitor your progress
- A personal health coach for extra support
- Access to a social media network with peers on the same journey
- Weekly online lessons to educate and inspire

All CU Health Plan members can participate, regardless of current health status. Take a quick one-minute quiz [3] to determine your risk for chronic health conditions such as Type 2 diabetes, heart disease and hypertension before applying.

The fee for your program has been waived in partnership with the CU Health Plan. When applying, the enrollment will ask you to provide a CU Health Plan Member ID. This will be your six digit employee ID number.

Learn more [3]

CU Health Plans [4], Wellness [5]
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