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Omada combines technology, personalized support to build healthier habits—at no cost [1]

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As a CU employee, your health benefits go beyond routine care. Through the CU Health Plan, you may be eligible to join Omada [3], a digital lifestyle change program designed to help you improve your overall well-being and reduce your risk for chronic conditions like type 2 diabetes and heart disease.

Omada combines technology with personalized support to help you build healthier habits—on your own schedule, and in a way that fits your life. If you're eligible, the program is available to you at no cost and includes everything you need to get started.

Omada will pair you with a dedicated health coach who works with you one-on-one to set goals, overcome challenges and stay motivated. Whether you're focused on weight loss, improving your nutrition, managing stress or getting better sleep, your coach is there to guide you every step of the way.

Once enrolled, you'll receive a smart scale shipped directly to your home. It's easy to use, doesn't require Wi-Fi or setup, and syncs automatically with your private Omada account. You'll be able to track your progress in real time through the Omada app, giving you a clear picture of your health journey.

The program is entirely online, so you can participate from anywhere—at home, at work or on the go. It's designed to be flexible and supportive, helping you make meaningful changes without disrupting your routine.

Omada has helped over 1 million people take control of their health, and it's available to you as part of your CU Health Plan. If you're ready to take the next step, visit **omadahealth.com/cuhealthplan** [4] to check your eligibility and claim your welcome kit.

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