



**LILLY, OMADA HEALTH COACH**

Great to see the tips we talked about are helping! Keep up the great work!



# Zero judgment. Zero costs.

Everyone deserves zero-judgment support for better health. Omada®'s easy-to-follow program helps members get healthier.

## Our members love Omada:

"I want to improve the quality of my life. It's about changing the way I feel day-to-day about myself and reducing my stress levels. I feel more empowered!"

- AILEENA, OMADA MEMBER

If you or your covered adult dependents are enrolled in the PGCG medical plan offered through Cigna or Kaiser Permanente, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

## What you get with Omada:

A program value up to \$700  
—at no cost to you.



### YOUR PERSONAL HEALTH COACH

One-on-one support with an actual human who cares about your progress.



### EXPERT ADVICE, TAILORED TO YOU

Manage food, activity, sleep and stress with personalized support.



### SMART SCALE INCLUDED

Track your progress with this easy-to-use, synced device.



### ONGOING EMOTIONAL SUPPORT

Access tools and resources to ensure your mindset is healthy, too.



**JOIN TODAY FOR \$0**  
[omadahealth.com/pgcg](https://omadahealth.com/pgcg)

