JOIN OMADA TO BUILD HEALTHY HABITS THAT LAST



Omada[®] is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it.

Gain skills that allow you to break barriers to change.

MORE GREAT NEWS: If you or your adult family member are at risk for type 2 diabetes or heart disease and enrolled in an Office

of Group Benefits Blue Cross health plan, the Office of Group Benefits, working with Blue Cross and Blue Shield of Louisiana,

Zero in on what works for you, and find lasting motivation.

Get an additional eight months of tips, strategies and support.

EAT HEALTHIER

INCREASE ACTIVITY

OVERCOME CHALLENGES

STRENGTHEN HABITS

STAY HEALTHY FOR LIFE

PHASE 1

PHASE 2

PHASE 3

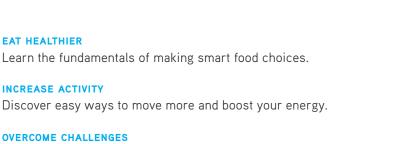
PHASE 4

PHASE 5



Omada health coach

scale





for support

Wireless smart

Program that adapts to you



Interactive weekly lessons



Digital pedometer





will cover the entire cost of the program—a \$650 value. TAKE A ONE-MINUTE HEALTH TEST TO SEE IF YOU'RE ELIGIBLE: omadahealth.com/ogb or text OGB to 444999

Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross and Blue Shield Association and incorporated as Louisiana Health Service & Indemnity Company. Omada is a program of Omada Health, an independent company that provides a diabetes prevention program to OGB members.