For members of Blue Cross Blue Shield MN



omada® for Prevention

Zero judgment. Better health.

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 adult (age 18+) family members are at risk for type 2 diabetes or heart disease, and enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan, PEIP will cover the Omada program as part of your health plan.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

What you get with Omada:

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

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

GET STARTED AT:
omadahealth.com/peip

PEIP Minnesota Public Employees Insurance Program