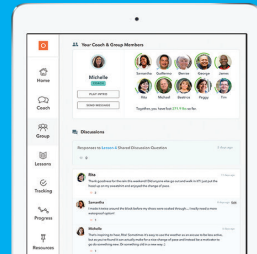


**NEW
REEP Wellness
Program
Offering!**

Beginning
July 2020



HEALTHY HABITS, BUILT OVER TIME

NEW REEP Wellness Program Offering By Omada Coming in July 2020!

You may be eligible for an exciting new program offering for REEP members coming in July 2020 that helps you reduce your risk of type 2 diabetes, heart disease, and other health conditions. The program will help you to make the healthy changes that matter most—whether that's around eating, activity, sleep, or stress.

Based on behavioral medicine and scientifically tested, Omada® is a virtual lifestyle change program that can help members lose weight, feel good, and develop long-term healthy habits that last.

Please note: Beginning July 2020, the Omada program will replace the REEP Wellness program services currently provided by Kaiser and HealthFitness.

Omada will help you to:

- **EAT HEALTHIER**
Learn the fundamentals of making smart food choices.
- **INCREASE ACTIVITY**
Discover easy ways to move more and boost your energy.
- **OVERCOME CHALLENGES**
Gain skills that allow you to break barriers to change.
- **STRENGTHEN HABITS**
Zero in on what works for you, and find lasting motivation.
- **STAY HEALTHY FOR LIFE**
Get an additional eight months of tips, strategies and support.

Who will be eligible for the REEP Wellness Omada program?

- REEP employees and their spouses, domestic partners and dependents aged 18+ enrolled in a Kaiser Permanente or Anthem Blue Cross HMO, traditional PPO, or HSA-compatible PPO plan
- Must meet the criteria determined through Omada's 1-minute risk assessment (more information to come!)

You'll Get Your Own:



Interactive program



Wireless smart scale



Weekly online lessons



Professional Omada health coach



Small online group of participants

Stay tuned for more information over the coming weeks!