



# Take the first step towards a healthier you with Omada<sup>®</sup>

MHC is proud to offer Omada—a virtual health program to help members create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.



## Get started with Omada in 3 simple steps



### Apply

Easily complete the application.

*(You'll get an email within 48 hours letting you know if you are eligible).*

**5-10 min**

### Set Up Account

Personalize your Omada experience by answering a few questions.

**10 min**

**Receive Welcome Kit\***  
Say hello to your connected smart devices.

**+ Meet Your Team**  
Meet your health coach and connect with your online peer group.

**1-2 weeks**

### Get Started

You'll kick off on a Sunday with an introduction from your health coach and your first lesson.

### First CGM sensor arrives

Diabetes members can easily connect the CGM to their account.

**You have access to Omada at \$0 cost to you, if eligible.**

**Claim your benefit at: [omadahealth.com/MHC](https://omadahealth.com/MHC)**

\*Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements.

The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

Images, including apps, do not reflect real members or information about a specific person.