

# Access health programs built just for you



MHC is offering Omada® for one-on-one health coaching and smart devices to help members manage diabetes or prevent chronic disease.\*

**The best part: the program is available to you if you're eligible to join.**

## Programs available to you



Easier diabetes management



Manage weight and lower health risks

## Join Omada for access to

- ✔ Personal support from a health coach
- ✔ Easy monitoring with smart devices and tools
- ✔ Online peer groups and communities

Diabetes program members also get specialist support to help keep an eye on blood glucose highs and lows.

## All Omada members receive a welcome kit\*

With easy-to-use devices, based on your needs, shipped to your door and yours to keep.

- ✔ Two continuous glucose monitor sensors (CGMs)<sup>†</sup>
- ✔ Blood glucose meter
- ✔ Ongoing supply of test strips and lancets

Claim my welcome kit:  
[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.

<sup>†</sup>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.

Omada services are not a substitute for consulting with your physician or other health care provider.