

Access a health program built just for you

MHC is offering Omada® to help people manage diabetes or lose weight with one-on-one health coaching and the tools needed to build healthy habits that stick.

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

With Omada, you'll get

- One-on-one support from a health coach, and a specialist for diabetes program members
- OmadaSpark AI—get answers to your food related questions and ideas for healthier meals and snacks
- Easy food tracking—just snap a picture, scan a barcode, use your voice or type in your meals

If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our company health plan, MHC will cover the Omada program as part of your health plan.



Get a welcome kit once you enroll*

It includes easy-to-use smart devices, based on your needs, shipped to your door, yours to keep.

- Two continuous glucose monitor (CGM) sensors[†]
- Blood glucose meter (BGM) with an ongoing supply of test strips and lancets, as needed
- Smart scale



Claim My Benefit:
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 sensors exclude Medicare, Medicaid, and other government payers. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott and used with permission. For full FreeStyle Libre 3 Plus sensor safety information, please visit <https://www.freestyle.abbot/us-en/safety-information.html>

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