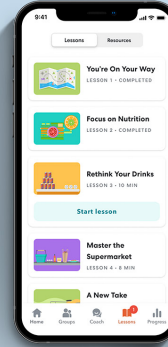


Get healthy your way



Create lasting change with Omada® for Prevention.
All at no additional cost to you.

What you'll get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach
- ✓ Wireless smart scale
- ✓ Interactive weekly lessons

Do what works for you

Find healthy habits and routines that work for you.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part?

You'll receive the program at no additional cost if you or your adult dependents are enrolled in the Memphis-Shelby County Schools medical plan offered through Cigna, are at risk for diabetes or heart disease, and are accepted into the program.

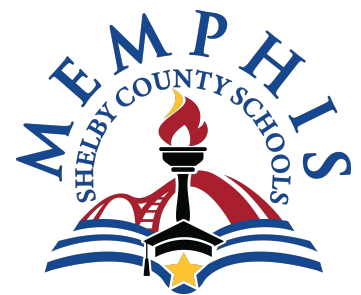
It only takes a few minutes to get started:

omadahealth.com/scsk12

With Omada, there's
a program for you



Weight loss &
overall health



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