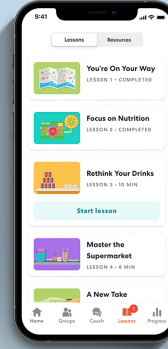
 **omada** for Prevention

# Get healthy your way



Create lasting change with Omada® for Prevention.

## 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?

If you or your adult family members are at risk for type 2 diabetes or heart disease, and enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan, The Intact Services USA LLC Team will cover the Omada program as part of your health plan.

It only takes a few minutes to get started:

[omadahealth.com/intact](https://omadahealth.com/intact)

With Omada, there's  
a program for you



Weight loss &  
overall health

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

The Omada Program is from Omada Health, Inc., an independent company providing digital care programs.