

Meet your personal squad

Your Omada® care team is here to help you create a simple plan to **manage high blood pressure or lose weight**, and cheer you on every step of the way.



Which program can help you?



Have High Blood Pressure?

Learn ways to lower your blood pressure outside of just medication with dedicated support.



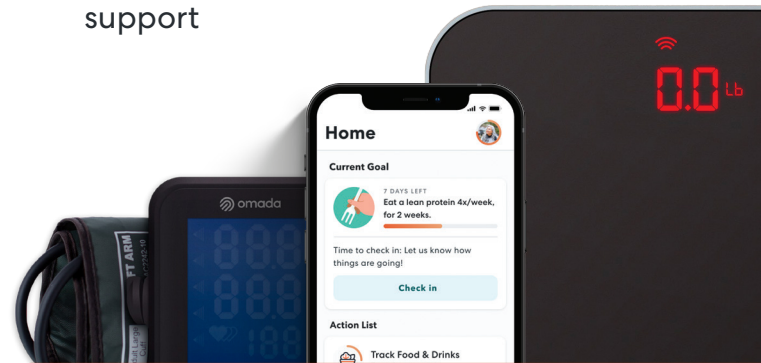
Want to Lose Weight?

No food restrictions. No counting calories. Lose weight and reduce your risk of developing diabetes.

\$0/month. Every month.

What you get with Omada:*

- ✓ Smart devices included, like a blood pressure monitor and smart scale
- ✓ A dedicated health coach and clinical specialist
- ✓ Ongoing emotional support



Claim your benefit:
omadahealth.com/northwestern

All at no cost to you: If you or your adult family members are enrolled in our Blue Cross and Blue Shield of Illinois health plan and are at risk for type 2 diabetes or heart disease or living with high blood pressure, the Omada program is included in your benefits.

Omada for Prevention or Hypertension is available at no cost when covered by your employer or health plan. *Certain connected devices provided by Omada as a part of an Omada program are only available to members who meet certain program and clinical eligibility.