

Get healthy your way



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

What you'll get with Omada:

- ✓ Dedicated health coach & care team
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

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 are at risk for type 2 diabetes or heart disease or living with diabetes, and are eligible for the Omada program, Leidos will cover the cost of the program.

It only takes a few minutes to get started:

express-scripts.com/healthsolutions

Log in to get your exclusive access code and link to apply to Omada.

Express Scripts and the "E" Logo are trademarks of Express Scripts Strategic Development, Inc. CRP2205_0015766.1

New: Omada
supports weight loss
and diabetes.

With Omada, there's
a program for you



Weight loss &
overall health



Diabetes