



# Access a diabetes program built for you

Omada® is a personalized program that helps members manage diabetes through one-on-one personal coaching, support from a specialist, and the tools needed to make long-lasting health changes.

**The best part: the program — up to a \$1,700 value — is no cost to you if you're eligible to join.**

There is no cost to you to enroll in an Omada program. If you are living with diabetes, Abbott will cover the cost of two Abbott Freestyle Libre 14 day system sensors (continuous glucose monitoring).



**Get started today:  
Sign in to your Castlight account and go to  
Benefits > Omada Health to apply.**

**\$0  
cost  
to you**

## Your personal Omada health coach will help you:

- ✓ **Lose weight and boost energy**  
Learn how food, activity, sleep, and stress relate to diabetes.
- ✓ **Prevent blood sugar highs and lows**  
Your certified specialist will help you keep blood sugar in check.
- ✓ **Track your health anytime, anywhere**  
Chat with your health coach and track your progress with the Omada app.
- ✓ **Stay motivated and accountable**  
Gain a team of supporters and online community to help you reach your health goals.

## What do you get as a member?

**All at no cost to you.**

- ✓ A personal health coach and a certified diabetes specialist
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

**Plus, easier blood glucose monitoring with smart devices. Yours to keep.**

- ✓ 2 continuous glucose monitor sensors\*
- ✓ Smart scale (if clinically eligible)

## “ Members love Omada

“I have dropped over 20 pounds and lowered my A1C by over 3%. The Omada team has done more for me in 16 weeks than I have done in a lifetime. Thank you!”

- Chris, Omada member

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

\*CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.