

Cigna diabetes prevention program

In collaboration with Omada.

Digital support focused on reducing the risk of type 2 diabetes and heart disease through healthy weight loss, nutrition, sleep and exercise.

Personalized tools at no extra cost to you!*

- Digitally enabled scale
- Omada professional health coach
- Social support group
- Interactive online training lessons on healthy eating, physical activity, sleep and stress

For illustrative purposes only.



Building healthy habits that last

- Eat healthier – Learn the fundamentals of making smart food choices.
- Increase activity – Discover easy ways to move more and boost energy.
- Sleep better and stress less
- Overcome challenges – Gain skills that allow you to break barriers to change.
- Strengthen habits – Zero in on what works and find lasting motivation.