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





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.



*Covered plan participants must meet certain clinical criteria and be accepted into the program. This program is provided by Omada Health and not by Cigna. Contact Cigna for more information. Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2023 Cigna Healthcare.