

**\$0**  
cost  
to you

# Access a health program built just for you

Concordia Plans is offering Omada® to help members lose weight and create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.

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

## Join Omada for access to




- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities



Claim My Benefit  
[omadahealth.com/concordia](https://omadahealth.com/concordia)



## Omada helps members

-  See smart scale readings in the Omada app after each use
-  Eat healthier without counting calories or cutting out favorite foods
-  Get up and move—yes, solo dance parties totally count

## All members receive a welcome kit\*

With an easy-to-use smart scale, shipped to your door and yours to keep. All at no cost to you.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress

Get your Omada® health benefit today at no extra cost to you. If you are at risk of type 2 diabetes or heart disease, you are fully covered by Concordia Plans.

\*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

Images, including apps, do not reflect real members or information about a specific person.