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**\$0**  
cost to you

# Access a health support program built just for you

Memphis Shelby County Schools is offering Omada® to help members manage 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 an Omada health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities



Claim My Benefit  
[omadahealth.com/scsk12](https://omadahealth.com/scsk12)

## 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

You'll receive the program at no additional cost if you or your adult dependents are enrolled in the Shelby County Schools medical plan offered through Cigna, are at risk for diabetes or heart disease, and are accepted into the program.

\*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

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