



For eligible Shelby County Schools employees
and their covered dependents



Healthy is possible

- ✔ Having energy for my kids
- ✔ Managing my stress
- ✔ Sleeping soundly at night
- ✔ Fitting into my jeans
- ✔ Still enjoying chocolate

See how Omada® could help you reach your health goals while reducing your risk of type 2 diabetes and heart disease—**at no cost to you.**

See if you're eligible:

omadahealth.com/scsk12



DON'T WAIT TO GRAB YOUR SPOT!

Omada surrounds you with the tools and support you need to lose weight and reduce your risk of type 2 diabetes and heart disease—one small step at a time.

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.

See if you're eligible:

omadahealth.com/scsk12

The Omada® program is administered by Omada Health, Inc., an independent third party service provider. All Cigna® products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. The Omada® program is not administered by Cigna. It is administered solely by Omada Health, Inc. which is responsible for the program.



EAT HEALTHIER, MOVE MORE

Discover easy ways to sneak healthy choices into daily life.



DEVELOP A PERSONALIZED PLAN

Whether it's sleep or stress, zero in on your needs.



TRACK PROGRESS SEAMLESSLY

Monitor your activity to discover what is (and isn't) working.



BREAK BARRIERS TO CHANGE

Gain powerful problem-solving skills to overcome challenges.



FEEL HEALTHY FOR LIFE

Set and reach your evolving goals with strategies and support.