

Access a health program built just for you

- ✓ Manage diabetes more easily
- ✓ Take control of your blood pressure
- ✓ Lose weight
- ✓ All with a health coach and the smart devices you need

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease or are living with diabetes or high blood pressure, and are accepted into the program, you'll receive the program at no additional cost.



Check to see if you are eligible and
JOIN TODAY FOR \$0
omadahealth.com/hellofresh

\$0 cost to you
if you're eligible