



Brought to you by **cigna** healthcare

For eligible HelloFresh employees and their covered dependents



Access a health program built just for you



You now have access to Omada® as a covered benefit thanks to your employer. Sign up during this open enrollment period and get your welcome kit shipped to your door.*

The best part: the program—up to a \$1,700 value—is no cost to you if you're eligible to join.

Which program can help you?



Manage diabetes more easily

Control your blood sugar with less stress and more confidence.



Take control of your blood pressure

Learn ways to lower your blood pressure outside of just medication with dedicated support.



Lose weight

No food restrictions. No counting calories. Lose weight and improve your overall health.

What do you get as a member?

At no cost to you, each program provides:

- ✓ A dedicated health coach
- ✓ A personalized care plan
- ✓ Online peer group and communities
- ✓ A clinical specialist (if eligible)
- ✓ Weekly lessons

Members love Omada

"The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small."

- Amy, Omada member



Get started:
omadahealth.com/hellofresh

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 cost.

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

The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

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

Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary. The Omada® program is administered by Omada Health, Inc., an independent third party service provider. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group or its affiliates. The Omada® program is not administered by Cigna Healthcare. It is administered solely by Omada Health, Inc. which is responsible for the program.