Shift your mindset, change your health

Create lasting change with Omada® for Prevention. All at no additional cost to you.

What you'll get with Omada:
✓ A plan built around you
✓ Dedicated health coach
✓ Wireless smart scale
✓ Interactive weekly lessons

Do what works for you
Find healthy habits and routines that work for you.

24/7 access to support
From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what ‘healthy’ means
Try new things you actually enjoy, rather than avoiding foods you “can’t eat” or things you “shouldn’t do.”

The best part?
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, and are accepted into the program, you’ll receive the program at no additional cost.

Learn more:

omadahealth.com/middlebury

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