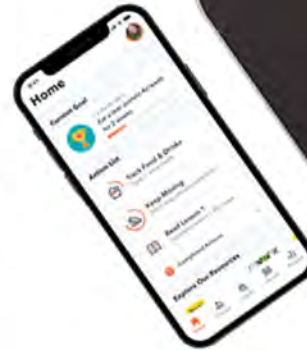


# Access a health program built just for you

Omada® is a personalized program that helps members lose weight and create healthier habits through one-on-one personal coaching and the tools needed to make long-lasting health changes.

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



The Omada Program is available to all MCTWF members, age 18 and older, who are eligible for MCTWF medical benefits and who are approved for enrollment based on an assessment of risk factors by Omada.



Check to see if you are eligible and  
**JOIN TODAY FOR \$0**  
[omadahealth.com/mctwf](https://omadahealth.com/mctwf)

**\$0**  
cost to you if  
you're eligible

## Your personal Omada health coach will help you:

- ✓ **Eat healthier**  
Rethink your plate without counting calories or cutting your favorite foods.
- ✓ **Gain more energy**  
Improve your energy with weekly lessons and tips.
- ✓ **Sleep better**  
Learn how to get better sleep at night.
- ✓ **Better manage stress**  
Get exercises and tools to help set your mind at ease.

## What do you get as a member?

- ✓ A personal health coach
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities
- ➕ **Plus, you get a smart scale to track your progress. And it's yours to keep!**

## “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

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

Omada provides services on behalf of Blue Cross® Blue Shield® of Michigan that help members at risk of diabetes.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.