

# Meet your personal squad

Your Omada® care team is here to help you create a simple plan to **manage diabetes or high blood pressure**, and cheer you on every step of the way.



## Which program can help you?



### Managing Diabetes?

Control your blood sugar with less stress and more confidence.



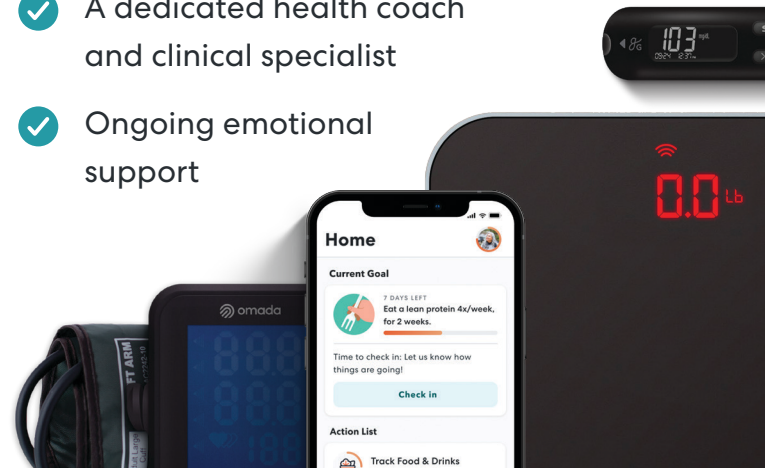
### Have High Blood Pressure?

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

## \$0/month. Every month.

## What you get with Omada:\*

- ✓ Smart devices included like a smart scale, continuous glucose monitor (CGM), blood glucose meter, and blood pressure monitor
- ✓ A dedicated health coach and clinical specialist
- ✓ Ongoing emotional support



**Claim your benefit:**  
[omadahealth.com/lennox](https://omadahealth.com/lennox)



If you or your adult family members are enrolled in a UMR health plan, are at risk for type 2 diabetes or heart disease or are living with diabetes or high blood pressure, and are eligible for the Omada program, membership is covered.

\*Omada for Diabetes or Hypertension is available at no cost when covered by your employer or health plan. Certain connected devices provided by Omada as a part of an Omada program are only available to members who meet certain program and clinical eligibility. CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.

App images are fictionalized samples and do not reflect information about a specific person.