



# Access a health program built just for you

Omada® is a personalized program that helps members manage diabetes through one-on-one personal coaching, support from a specialist, and the tools needed to make long-lasting health changes.

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

If you or your adult family members are living with diabetes, and enrolled in our Medica health plan, KGP Co will cover the entire cost of the program.



Get started today:  
[omadahealth.com/kgpco](https://omadahealth.com/kgpco)

**\$0**  
cost  
to you

## Your personal Omada health coach will help you:

- ✓ **Lose weight and boost energy**  
Learn how food, activity, sleep, and stress relate to diabetes.
- ✓ **Prevent blood sugar highs and lows**  
Your certified specialist will help you keep blood sugar in check.
- ✓ **Track your health anytime, anywhere**  
Chat with your health coach and track your progress with the Omada app.
- ✓ **Stay motivated and accountable**  
Gain a team of supporters and online community to help you reach your health goals.

## What do you get as a member?

### All at no cost to you.

- ✓ A personal health coach and a certified diabetes specialist
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

### Plus, easier blood glucose monitoring with smart devices. Yours to keep.

- ✓ 2 continuous glucose monitor sensors\*
- ✓ Blood glucose meter and ongoing supply of test strips and lancets
- ✓ Smart scale (if clinically eligible)

## “Members love Omada

"This Omada program really works! I'm mindful of what I eat, buy, and prepare. I look for opportunities to keep moving, not excuses. I feel good about myself which has more positive effects. Life is good and I want to live it!"

- Vinny, 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.

\*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.