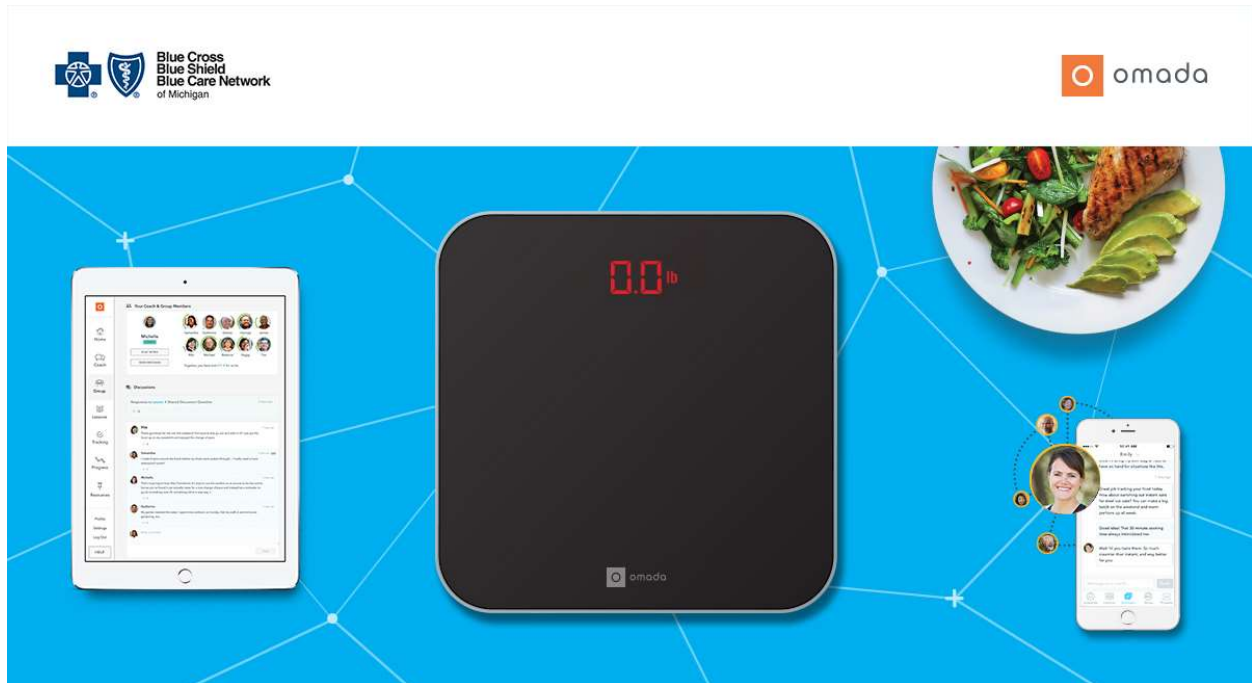


# Say hello to a whole new way to get healthy.



Kent County is now offering Omada<sup>®</sup>, a digital lifestyle change program that can help you lose weight, feel fantastic, and develop long-term healthy habits.

Omada includes:

- **An interactive program** to guide your journey
- **A wireless smart scale** to monitor your progress
- **Weekly online lessons** to empower you
- **A professional Omada health coach** to keep you on track
- **A small online group of participants** to keep you engaged

You'll receive the program at no additional cost—a \$650 value—if you or your adult dependents are enrolled in the company medical plan offered through Blue Cross Blue Shield of Michigan and are at risk for type 2 diabetes.

**Take Omada's 1-minute health screener to see if you're eligible:**

[omadahealth.com/bcbsm](https://omadahealth.com/bcbsm)