

# Health programs built just for you

State of New Mexico is offering health programs from Omada to help members more easily manage diabetes, lower blood pressure, manage weight and feel less stressed by making small lifestyle changes that can last for life.

## Omada helps members:

- Prevent low and high blood sugar or blood pressure levels
- Reduce the risk of serious health complications
- Eat healthier without counting calories or cutting out favorite foods
- Try new habits to increase physical activity, improve sleep and reduce stress
- Stay on top of medications as part of their care plan

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

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are living with diabetes or high blood pressure, and are accepted into the program, you'll receive the program at no cost.

Images, including apps, do not reflect real members or information about a specific person.

**\$0**  
cost  
to you



# Members get anywhere, anytime support

Join Omada for access to:



Hi! Welcome to Omada! Let's talk about your goals!



Omada Health Coach

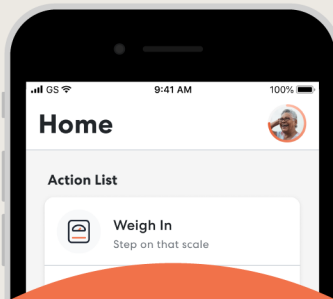


Clinical Specialist\*

## Dedicated Health Team

You are paired with a personal Omada health coach and clinical specialist\* who are with you every step of the way in your journey towards better health.

**Personalized Health Plan**  
Your health team helps you create a plan based on your health needs, goals and lifestyle.



## Smart Devices

Get the smart devices you need to track your health and progress any time. Shipped to your home. No extra cost.\*



Weekly Lessons



Nutrition Counseling



Mental Health Support

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→ Claim your benefit now



Food & Activity Trackers



Online Peer Groups



Critical Outreach

\* Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

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# The Omada welcome kit\*



**Get the smart devices you need, delivered to your home. No extra cost.**

All devices easily sync to your account so you can monitor your health and your progress in real time, 24/7, with the Omada app.



## Two continuous glucose monitors (CGMs)<sup>†</sup>

A one-second scan with your smartphone makes it easy to monitor glucose anytime without painful fingersticks.<sup>‡</sup>



## Blood glucose meter

Plus, get an ongoing supply of test strips and automatic refills.



## Blood pressure monitor

Check your blood pressure on a regular basis and get insight into what works for your body.



## Smart Scale

Arrives ready-to-use. Track your weight daily or weekly and see your progress on the app.

**Learn how small habits and lifestyle changes can improve your blood sugar, blood pressure, weight, and confidence.**

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\* Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Continuous glucose monitor sensors (CGMs) are only available if you qualify for the diabetes program. CGMs also require a prescription and a compatible smartphone. You will receive two (2) CGM sensors—one after you enroll and the other at the six month follow-up.

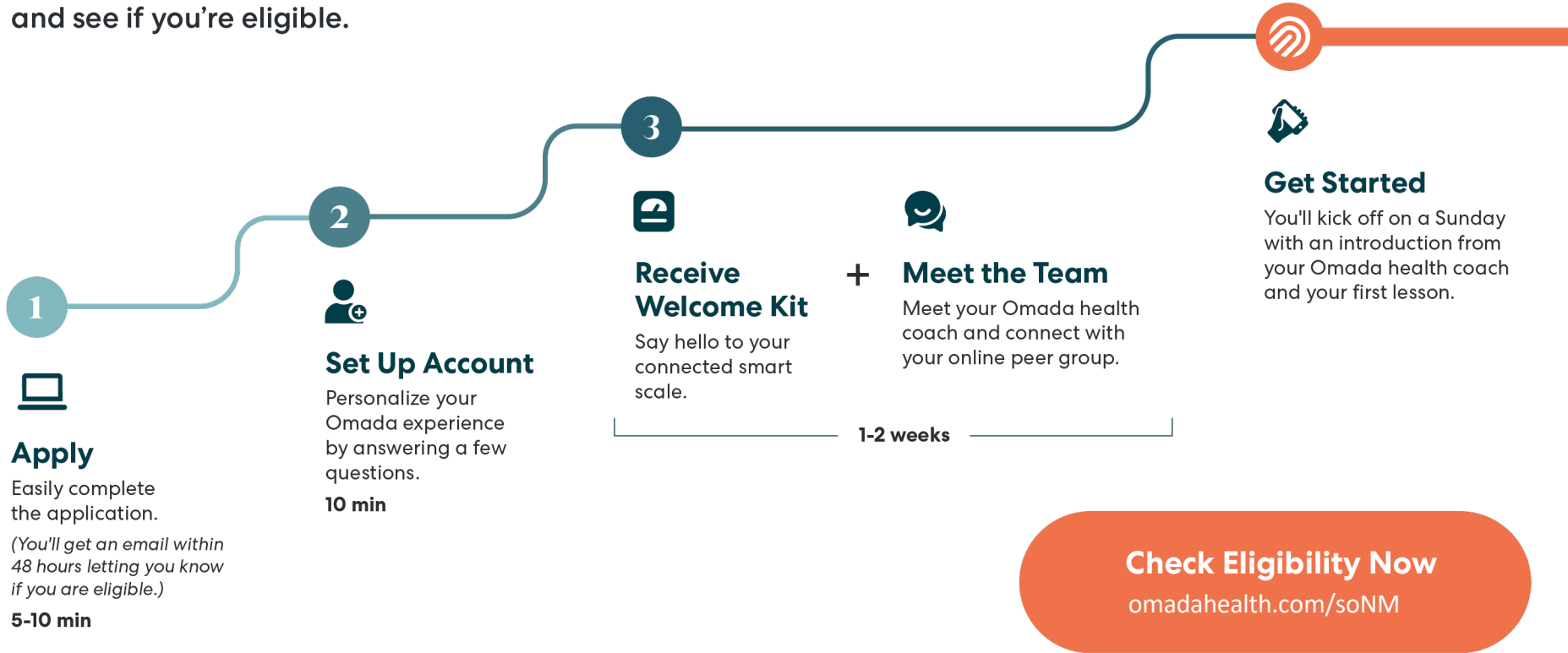
<sup>†</sup> The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

<sup>‡</sup> Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol, when symptoms do not match system readings, when you suspect readings may be inaccurate, or when you experience symptoms that may be due to high or low blood glucose.

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# Get started in 3 simple steps

It takes just minutes to apply  
and see if you're eligible.



# Omada has helped over 1 million members

“

**I put off participating in Omada for years. I wish I hadn't.”**

—  
**Omada Member**

“

**It was as if Omada knew exactly what I needed when I needed it.”**

—  
**Omada Member**



**Are you next?**

**Check Eligibility Now**

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

