

Snippet Series: Small Changes for Improved Health with Omada
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Hey there, It's Jeff with SCHOOLCARE here with another SCHOOLCARE Snippet about your benefits.

We often talk about knowing your numbers, that is knowing what your blood pressure, cholesterol and glucose numbers are, to be better engaged with your own health and wellness. We also know that making a small change now can have big payoffs over the course of your life in terms of overall health.

I'd like to share with you some information about a great program you have through SCHOOLCARE to help you make such a change. It's called Omada. It offers support guidance and coaching for people at risk for type 2 diabetes, hypertension or high cholesterol, some of the most prevalent chronic conditions today.

Omada is also part of the SCHOOLCARE **Good for You!** Well-Being Program and you can earn up to \$350 for completing the program. Omada is based in behavioral and data science as well as one-on-one coaching. To get started with Omada, you simply take a short online health quiz to determine whether you meet the criteria. Let's go to the computer and see how it works.

The easiest way to access the Omada program is to start at the schoolcare.org website. Click on the Health and Wellness tile on the home page, the one with the apple and the salad. On this page you'll see the **Good For You!** program six basics of healthy living, a welcome video in newsletters and information about completing your health assessments, as well as biometrics preventive care health coaching and other programs. To see if you're eligible for Omada, we'll go to the Omada website and complete a short health survey. Clicking the green "See if you're eligible" button will take you directly there.

This brings you to the Omada website. You'll see several pieces of information here. There are buttons for taking the survey and a short informational video about the program. I'd suggest watching the video before clicking on "Am I Eligible?" to learn more about the program.

Once you're ready to proceed, click on the "Am I Eligible?" button to start the survey. Enter your information and once you've completed the survey, the website will inform you if you're eligible to participate or not. At the last page you will confirm your SCHOOLCARE Cigna insurance information. Have your ID card available. After completing the survey, and if you're eligible, you can move forward and click on "Apply Now" and fill in your additional information. You'll receive a confirmation e-mail and you can create an account and set up your preferences, then you're ready to start.

Once you start with Omada, you'll receive a free digital scale and you'll start working with a dedicated health coach to help you achieve your goals. You can also join a community of others who are also working towards better health. And there's no cost to you. It's truly a win-win. Again, the program is for those who are at risk for type 2 diabetes hypertension and high cholesterol. If you don't qualify there are several other good for you programs to try such as health coaching and others. I hope you take a look at Omada and see if it's right for you. Thanks for watching and we'll see you again soon on a SCHOOLCARE Snippet.