

Feeling under pressure?

The impact of stress on mental health is no small matter

In a world that's always on, it's time to hit pause on stress and play to a healthier you. Omada Health is your partner in transforming stress into strength, with our personalized programs and dedicated support.

Here are some of the ways Omada can help guide you towards a healthier, happier, and more balanced life:

 **Understanding Stress:** Learn how stress affects your body and mind, and identify the triggers that impact your mental health.

 **Mindful Techniques:** Our guided sessions on meditation, deep-breathing exercises, and relaxation techniques help reset your stress response, fostering a calmer, more focused you.

 **Health Coaching:** Our specially trained coaches work with you one-on-one to develop strategies for coping, resilience-building, and maintaining a positive outlook for better mental health.



“

Omada is a holistic approach. I have worked on fixing habits. I have learned to think about my eating habits, stress and activity levels... I am working to become the best version of me.”

—
ED, OMADA MEMBER

Thanks to SchoolCare, you have access to Omada at \$0 cost to you if eligible.

With Omada, you get*:

- A dedicated team with an Omada health coach.
- Personalized health plan tailored to your lifestyle.
- Welcome kit with smart devices to easily track your progress 24/7*.



Claim your benefit at
omadahealth.com/schoolcare

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

SchoolCare/Cigna participants and covered dependents ages 18+ are eligible to receive the program at no additional cost if at risk for type 2 diabetes or heart disease or living with diabetes or high blood pressure.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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