



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.

If you or your adult family members are living with diabetes and are enrolled in the Regence BlueCross BlueShield of Oregon health plan, the Omada program is covered. This may include a connected glucose meter with as many test strips as you need, and a digital scale—all yours to keep! Other eligibility requirements may apply.



Stay tuned for more information about this new benefit

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?

- ✓ 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 trips 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.

†Included for eligible participants.

Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association

Omada is a separate company that provides care and disease management services.