

\$0
cost
to you

Access a health program built just for you

The State of Maryland is offering Omada® to help members lose weight and create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.

The best part: the program—a \$700 value—is no cost to you if you're eligible to join.

Join Omada for access to




- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities.



Get Started
omadahealth.com/kpstateofmaryland



Omada helps members

-  **See smart scale readings in the Omada app after each use**
-  **Eat healthier without counting calories or cutting out favorite foods**
-  **Get up and move—yes, solo dance parties totally count**

All members receive a welcome kit*

With an easy-to-use smart scale, shipped to your door and yours to keep. All at no cost to you.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress

If you or your adult family members are enrolled in the State of Maryland medical plan offered through Kaiser Permanente and at risk for type 2 diabetes or heart disease, you'll receive Omada programs at no additional cost.