

Access a health program built just for you

Larimer County is offering Omada® to help people lose weight with one-on-one health coaching and the tools needed to build healthy habits that stick.

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

With Omada, you'll get

- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale
- ✓ OmadaSpark AI—get answers to your food related questions and ideas for healthier meals and snacks
- ✓ Easy food tracking—just snap a picture, scan a barcode, use your voice or type in your meals



Get a welcome kit at no extra cost once you enroll

It includes an easy-to-use smart scale shipped to your door, yours to keep.

- Readings sync automatically
- No set up required, batteries included
- Get a personalized plan based on progress

Omada for Prevention & Weight Health® is available at no cost to you when covered by your employer or health plan.



Claim my Benefit:
omadahealth.com/larimer