

**Coming soon!**  
**July 2022**

# Shift your mindset, *change your health*

Create lasting change with Omada® for Prevention. **All at no cost to you.**

## What you'll get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach
- ✓ Wireless smart scale
- ✓ Interactive weekly lessons

## Do what works for you

Find healthy habits and routines that work for you.

## 24/7 access to support

From weekly lessons to an online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoid foods you "can't eat" or things you "shouldn't do."

## The best part?

If you or family members (18 years of age or older) are enrolled in one of the RCAB Health Plans and at risk for type 2 diabetes or heart disease, the Roman Catholic Archdiocese of Boston Health Plans will cover the entire cost of the program – a \$650 value!



**With Omada, there's  
a program for you**



Weight loss &  
overall health