

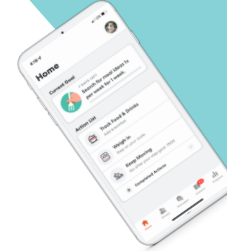


Access a health program built just for you

You have access to Omada as a covered benefit thanks to the Roman Catholic Archdiocese of Boston Health Benefit Trust. Sign up and get your welcome kit shipped to your door.

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

If you or family members (age 18+) are enrolled in the RCAB Health Plans and at risk for type 2 diabetes or heart disease, the Roman Catholic Archdiocese of Boston Health Benefit Trust will cover the entire cost of the program – a \$700 value.



Get started today:
omadahealth.com/rcab

\$0
cost to you.

Your personal Omada health coach will help you:

✓ Eat healthier

Rethink your plate without counting calories or cutting your favorite foods.

✓ Gain more energy

Improve your energy with weekly lessons and tips.

✓ Sleep better

Learn how to get better sleep at night.

✓ Better manage stress

Get exercises and tools to help set your mind at ease.

What do you get as a member?

- ✓ A dedicated health coach
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities
- ➕ **Plus, you get a welcome kit with a smart scale to track your progress. And it's yours to keep!**

“ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”

- 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.

App images are fictionalized samples and do not reflect information about a specific person.