

Join Omada® – a whole new way to get healthy

Omada® is a personalized program designed to help you reach your health goals, whether that's losing weight, managing diabetes, lowering your blood pressure, or improving your overall health. You'll get a dedicated health coach and the latest technology to support you in making lasting changes that fit your life, one step at a time.

Eat healthier, move smarter

Discover easy ways to sneak healthy choices into daily life.

Get a personalized plan

Whether it's meditation or medication, zero in on your needs.

Track progress seamlessly

Monitor your weight, blood pressure, or blood glucose with the devices you need delivered to your door.

Overcome challenges

Gain skills that allow you to break barriers to change.

Improve your overall health

Set and reach your evolving goals with strategies and support.

More great news:

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease or living with diabetes or high blood pressure, and are accepted into the program, you'll receive the program at no additional cost.

Take a few minutes to see if you're eligible:

omadahealth.com/multnomah (Select Cigna)

The Omada® program is administered by Omada Health, Inc., an independent third party service provider. All Cigna® products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. The Omada® program is not administered by Cigna. It is administered solely by Omada Health, Inc. which is responsible for the program.

You'll get your own:



Personalized
program



Professional
health coach



Smart health
devices



Weekly
online lessons



Online
community