Omada

Cigna

Omada® is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it. Participants get all the support and tools they need, including an interactive program, wireless scale, health coach, and more.

Take The Risk Screener

Apply For Omada



Receive Confirmation

Set Up An Account

Only takes one-minute and you're eligible to apply if the screener results indicate a risk for diabetes. Eligible individuals can then immediately complete the 5-10 minute application. In 1-2 days, they'll receive an email letting them know if they qualify to join. They answer a few questions to help Omada personalize their experience. This takes about 10 minutes.

Receive A Welcome Kit



Meet The Team



Program Kick Off



Within 2 weeks of completing account setup, participants receive their scale, which helps to track their progress in the program.

They are matched with a small group of participants who all will go through the program together. Groups kick off each Sunday with an intro message from the coach and access to the first lesson.

Stage 1: Foundations

Week 1 - 4

Focusing on nutrition first, participants track meals, complete lessons, and engage with their group.

"I'M LEARNING HOW TO EAT BETTER."

Week 5 - 8

Participants learn how to incorporate healthy activities into their daily lives.

"I'M FINDING WAYS TO MOVE MORE."



Week 9 - 12

The focus shifts to managing stress, improve sleep habits, and overcome challenges.

"I'M SLEEPING BETTER AND STRESSING LESS."

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Week 13 - 16

Participants practice techniques for making their healthy habits stick, for good.

"I'M CONFIDENT I CAN KEEP GOING."



Stage 2: Focus

Week 17+

Participants focus on unique challenge areas and receive ongoing support from a health coach and extended peer group.

"I'M CONTINUING TO LEARN AND GROW."