

WEEK ONE

New Benefit: Omada

Surround yourself with the tools and support you need to build healthy habits that last—
at no cost you.

[Am I Eligible? >] [link to www.omadahealth.com/stateofin](http://www.omadahealth.com/stateofin)



WEEK TWO

Gain a Professional Health Coach

With the Omada program, you'll have a health coach on your side to provide support in
the moments that matter most.

[Learn more >] [link to www.omadahealth.com/stateofin](http://www.omadahealth.com/stateofin)



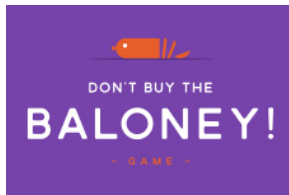


WEEK THREE

A Cure for the Common Diet

Forget quick fixes: With the Omada program, you'll pick up healthy habits you can live with long term.

[Learn more >] [link to www.omadahealth.com/stateofin](http://www.omadahealth.com/stateofin)

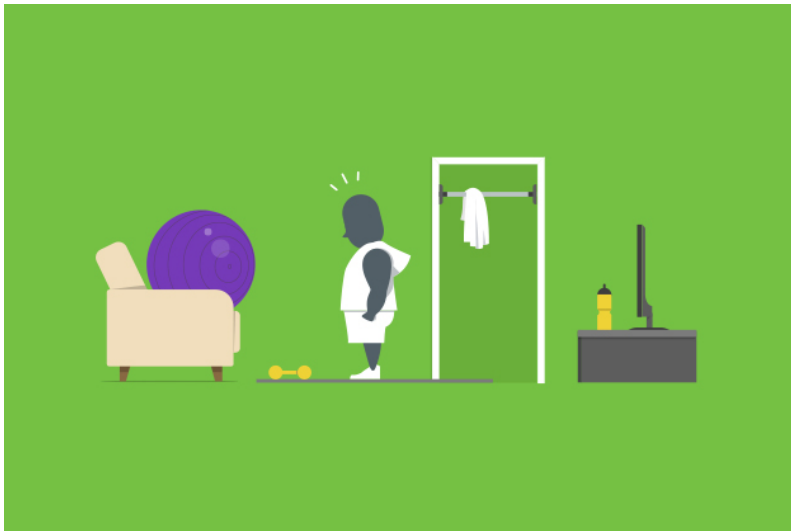


WEEK FOUR

Get Fit Without the Fuss

Join the Omada program for tips to build little habits into your day to boost your fitness level, no gym required.

{Learn more >} [link to www.omadahealth.com/stateofin](http://www.omadahealth.com/stateofin)



WEEK FIVE

Weight Tracking Made Simple

With the Omada program, you'll get a wireless smart scaled delivered right to your door (and connected to your online account).

[Learn more >} [link to www.omadahealth.com/stateofin](http://www.omadahealth.com/stateofin)





WEEK SIX

Set and Reach Your Health Goals

Eat healthier, move more, sleep better and manage stress: See what's possible with the Omada program.

[Learn more>] [link to www.omadahealth.com/stateofin](http://www.omadahealth.com/stateofin)

