



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 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

Learn how to enjoy every meal, no deprivation required.

Move smarter

Discover easy ways to increase activity and boost your energy.

Overcome challenges

Gain skills that allow you to break barriers to change.

Strengthen habits

Zero in on what works for you, and find lasting motivation.

Improve your overall health

Make gradual changes to the way you eat, move, sleep, and manage stress.

More great news:

You'll receive the program at no additional cost if you or your covered adult dependents are enrolled in the SS&C medical plan offered through Cigna, are at risk for diabetes or heart disease, and are accepted into the program.

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

omadahealth.com/ssctech

You'll get your own:



Personalized program



Professional health coach



Connected smart scale



Weekly online lessons



Online community

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