

**\$0**  
cost  
to you

# Access virtual health programs built just for you.

Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Plus) is offering Omada®, a virtual<sup>1</sup> program with one-on-one health coaching, specialist support and smart devices to help members lose weight, manage diabetes or lower blood pressure.<sup>2</sup> **All at no cost to you** if you're eligible.

## Join Omada for access to

- ✓ Personal support from a health coach and specialist<sup>2</sup>
- ✓ Easy monitoring with smart devices and tools
- ✓ Support for glucagon-like peptide 1 (GLP-1) medication users to make lifestyle changes



Claim My Benefit  
[omadahealth.com/BluePlus](https://omadahealth.com/BluePlus)

## Programs available to you

  
**Easier  
diabetes  
management**

  
**Take  
control of  
blood pressure**

  
**Manage weight  
and lower  
health risks**

## All members receive a welcome kit<sup>2</sup>

With easy-to-use devices, shipped to your door and yours to keep. All at no cost to you.

- ✓ Smart scale
- ✓ Two continuous glucose monitor (CGM) sensors
- ✓ Blood glucose meter
- ✓ Ongoing supply of test strips and lancets
- ✓ Blood pressure monitor

If you or your adult (age 18+) family members are at risk for type 2 diabetes or heart disease, or are living with diabetes or high blood pressure, the Omada program can help. To participate, you must be enrolled in a Blue Plus healthplan, have a valid email address and digital access, and be determined eligible for the Omada program.

<sup>1</sup>This digital program requires a valid email address and digital access to utilize the program. If you do not have a valid email address or digital access, Blue Plus alternatively can connect you with a case manager that can provide educational information on chronic conditions. Call the Member Services number on the back of your Blue Plus member ID card for more information.

<sup>2</sup>Certain features and smart devices are only available if you meet program and clinical eligibility requirements. CGMs are only available if you qualify for the diabetes program. CGMs also require a prescription and a compatible smartphone. You will receive two (2) CGM sensors—one after you enroll and the other at the six-month follow-up.

Images, including apps, do not reflect real members or information about a specific person.

The Omada Program is from Omada Health, Inc., an independent company providing digital care programs.

Omada is available at no cost when covered by your health plan.

If you have questions about your health plan, you can also reach out to Blue Plus Member Services at 1-800-711-9862 (TTY 711) 8 a.m. to 5 p.m. Central Time, Monday through Friday. The call is free.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

Blue Advantage<sup>SM</sup> and MinnesotaCare

Toll free 1-800-711-9862; TTY 711

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