

From: Blue Plus Omada Program, support@omadahealth.com

Subject: <First Name>, remember to claim your health benefit

Preview: Omada is provided to you.

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Customizable content is denoted by the fuchsia boxes.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® (Blue Plus) offers Omada® for eligible individuals. [Get started.](#)

For members of



Blue Plus®



Start your program and get smart devices

As a member of Blue Plus, you may have access to the virtual Omada program for diabetes and blood pressure management.¹

It's easy to join and you can participate, if eligible.

[Get Started](#)

Blue Plus is collaborating with Omada®—a personalized program that provides members with the tools and support needed to reach their health goals, whether that's managing diabetes, managing weight or improving overall health. All at no cost to you as part of your health plan.

Sign up and receive



Smart devices

Included in your welcome kit to simplify glucose and blood pressure tracking.^{2,3}



Care team

One-on-one support from a certified health coach and clinical specialist.



Personalized plan

Choose what to focus on based on your health goals.



Dynamic food tracking

Access a new tool that can help members make healthier food choices to support their goals.

[Get Started](#)

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, enrolled in a Blue Plus health plan, and eligible for the Omada program, Blue Plus will provide the Omada program as part of your health plan.



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Omada Health, Inc.

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¹This 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 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.

²Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

³The program offered to you includes continuous glucose monitor (CGM) sensors because your payer has approved its inclusion. You must be clinically eligible for CGM sensors, which require a prescription. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

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.

For questions about your health plan call the Member Services number on the back of your Blue Plus member ID card. 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.

SecureBlueSM (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance program to provide benefits of both programs to enrollees. Enrollment in SecureBlue (HMO SNP) depends on contract renewal.

Notice of Nondiscrimination Practices and Language Assistance: [SecureBlue \(MSHO\)](#) | [Blue Advantage and MinnesotaCare \(Medicaid\)](#)