



# Access a health program built just for you

The Roman Catholic Archdiocese of Boston Health Benefit Trust offers Omada to help eligible employees and their family members develop healthy habits to benefit their long-term health.

**The best part: If approved after taking an initial assessment, the RCAB Health Benefit Trust covers the entire cost of the program valued at \$700!**

## Omada helps members



See smart device readings in the Omada app after each use



Eat healthier without counting calories or cutting out favorite foods



Get up and move

## Join Omada for access to

✓ One-on-one support from a health coach

✓ Easy monitoring with smart devices and tools

## All Omada members receive a welcome kit\*

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



Employees, spouses, and dependents (age 18 and older) enrolled in the RCAB Health Plan who are at risk for Type 2 diabetes or heart disease have access to Omada at \$0 cost.

**Claim your welcome kit at [omadahealth.com/rcab](https://omadahealth.com/rcab)**

\*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.