

\$0
cost
to you

Access a health program built just for you

Villanova University is offering Omada® to help members who may need to manage diabetes with one-on-one personal coaching, support from a specialist and the tools needed to make long-lasting health changes.

The best part: the program is no additional cost to you if you're eligible to join.

Join Omada for access to




- ✓ One-on-one support from a personal health coach
- ✓ Easy monitoring with smart devices and tools
- ✓ Expert guidance from a diabetes specialist



See if you're eligible:
express-scripts.com/healthsolutions

Log in to get your exclusive access code and link to apply to Omada

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—yes, solo dance parties totally count**

All members receive a welcome kit*

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

- ✓ Two continuous glucose monitors (CGMs)
- ✓ Blood glucose meter
- ✓ Ongoing supply of test strips and lancets
- ✓ Smart scale

If you're living with diabetes and are eligible, Villanova University will pay for the entire cost of the program. This includes a connected glucose meter (with as many test strips and lancets as you need) and digital scale that arrive at your door already synced to your account—yours to keep!

*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.

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