

# Add healthy habits to medication for lasting results

EncircleRx<sup>SM</sup> and Omada Health



## What

**Enroll and engage in Omada to get your medication\* covered, if clinically eligible.**

- + Omada is a virtual health program that helps members create healthier habits to achieve long-lasting results
- + Omada is \$0 cost to you
- + Filling your medication requires prior authorization from your doctor to confirm eligibility criteria is met

## Why

**Omada will help you on your journey by complementing the impact of your medication.**

- + Support from a personal health coach
- + Easy monitoring with smart devices (you keep)
- + Motivation from a peer group and online communities
- + Tools to guide and support you with achieving long-term goals

## How

**You will need to participate in the Omada program meeting the following requirements each month:**

- + Engage four times on the smart device (SCALE ) provided by Omada
- + Use the Omada app four times, by doing lessons or engaging with your health coach, peer group or online community

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**Enroll today!**



Register or log in to [esrx.com/healthsolutions](https://esrx.com/healthsolutions) to get your access code



Then sign up at [omadahealth.com/esi](https://omadahealth.com/esi) or download the Omada mobile application



For more information, contact your Express Scripts representative