



Carolinan HealthCare System

Your Health  
and Retirement  
at CHS

# Did YOU Know?

## *The Omada Program*

Teammates,

One of the best ways to maintain your health and the health of your family is through preventive care, which is covered 100% by the CHS LiveWELL Health Plan.

For health plan participants, we have a new opportunity to help you manage your health risk and prevent diabetes and heart disease. The *Omada*® program (formerly called *Prevent*®) places participants into small online groups led by a health coach. The coach guides them through a curriculum using digital tools to track improvements in diet, physical activity and weight loss. This program has helped many teammates reach their health goals and receive their [Healthy Weight Reward](#).

Please know, your health and the health of your family is very important to me. I encourage you to review the [Preventive Care Guide](#) and take full advantage of your preventive care benefits.

For more information about the *Omada* program and to find out if you are eligible to participate, please visit [omadahealth.com/chs](http://omadahealth.com/chs), call 888-409-8687 or email [support@omadahealth.com](mailto:support@omadahealth.com).

In good health,

Debra

A handwritten signature in black ink that reads "Debra".

**Debra Plousha Moore**

Chief Human Resources Officer  
Executive Vice President

*Together, let's prepare for today and plan for the future.*

To learn more about Your Health and Retirement at CHS, please visit:  
**[healthandretirement.carolinashealthcare.org](http://healthandretirement.carolinashealthcare.org)**