


All at no additional cost to you: If you are eligible, Murray State University will cover the entire cost of the program.

**See if you're eligible:**

[express-scripts.com/healthsolutions](https://express-scripts.com/healthsolutions)

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





I've tried many different diets in

## Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be