



Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

LIVE HEALTHIER FEEL BETTER



Omada is a virtual care program that pairs a member with a care team and resources to help them achieve their health goals. By combining the power of human coaching, connected devices, and lessons, Omada can help build healthy patterns for life.

DIABETES

- Help Managing Diabetes & Improving Overall Health:
- › One-on-One Guidance with a Diabetes Specialist
 - › Smart Devices that Easily Sync to the Omada App
 - › Ongoing Supply of Test Strips & Lancets



No Cost Welcome Kit
Easy-to-Use Smart Devices to keep and use with the Omada App.

BLOOD PRESSURE

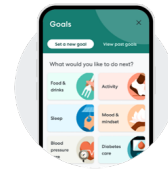
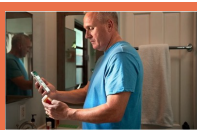
- Help Controlling Blood Pressure:
- › One-on-One Guidance with a Clinical Specialist
 - › Tips for Nutrition, Stress, & Sleep
 - › A Blood Pressure Monitor & Smart Scale



Coaching & Support
Personalized guidance from a personal health coach and clinical specialist.

WEIGHT

- Levels of Improving Overall Health:
- › One-on-One Health Coaching
 - › A Smart Scale to Monitor Progress
 - › Weekly Lessons, Tips, & Recipes



Personalized Care Plan
Make small and steady health choices add up to big changes with a personalized care plan.

i **FREE PARTICIPATION**
Call **800.468.5744**
Visit **omadahealth.com**

i **LEARN MORE**
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or Visit **opehw.com**



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