

# Join Omada to build healthy habits that last

Omada® is a personalized program designed to help you reach your health goals—whether that's losing weight, lowering your blood pressure, or staying on top of your diabetes. It combines real human support with the latest technology so you can make lasting changes, one step at a time.

- **Eat healthier, move more**  
Discover easy ways to sneak healthy choices into daily life.
- **Develop a personalized plan**  
Whether it's meditation or medication, zero in on your needs.
- **Track progress seamlessly**  
Monitor your activity to discover what is (and isn't) working.
- **Break barriers to change**  
Gain powerful problem-solving skills to overcome challenges.
- **Feel healthy for life**  
Set and reach your evolving goals with strategies and support.



### All at no cost to you:

If you or your adult family members are at risk for type 2 diabetes or heart disease, or are living with diabetes or high blood pressure, and enrolled in a HealthPartners® health plan, your company will cover the entire cost of the program.

Find out if you're eligible:

[omadahealth.com/omadaforhealthpartners](http://omadahealth.com/omadaforhealthpartners)

### You'll get your own:

-  Personalized program
-  Professional health coach
-  Smart health devices
-  Weekly online lessons
-  Small peer group

