

# A better way to get muscle & joint relief



Get relief from aches and pains with physical therapy, on your time.

## What you'll get\*:

- ✓ Licensed physical therapists
- ✓ Treatment from head to toe
- ✓ Appointments within 24 hours

## A treatment plan just for you

Treat the source of your pain, not just the symptoms.

## App-guided exercises

3D animations and voice narration help with pacing and form.

## Anytime, anywhere access

Message your physical therapist for guidance and support.

## The best part?

If you or your adult family members are enrolled in a HealthPartners® health plan you might be eligible for the Omada programs. Call Member Services to check coverage at the number on the back of your member ID card.

It only takes 1 minute to get started.

With Omada, there's  
a program for you



Muscle & joint  
pain

[omadahealth.com/healthpartnersjointandmuscle](https://omadahealth.com/healthpartnersjointandmuscle)

 **HealthPartners®**

\*The program features described are specific to the complete version of Physera by Omada, which includes a physical therapist. Members not experiencing a relevant injury or musculoskeletal condition may instead receive a preventive version of Physera by Omada, which includes different features and does not include a physical therapist.