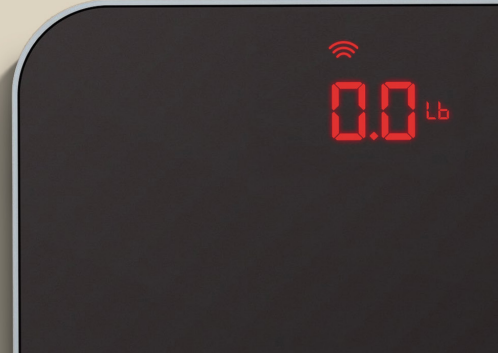
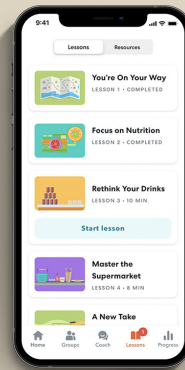




# Better health, *made easier*



Whatever 'healthy' means to you, Omada® helps you get there.

## What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

## Do what works for you

We'll help you figure out the healthy habits and routines that work for you—motivation included.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."


## The best part? It's covered.

If you or your adult family members are at risk for type 2 diabetes or heart disease, and enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan, Albert Lea Schools will cover the Omada program as part of your health plan.

It only takes 1 minute to get started.

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

**With Omada, there's a program for you**



Weight loss & overall health

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

The Omada Program is from Omada Health, Inc., an independent company providing digital care programs.