

“The support from the Omada team is so helpful not only for information, but also motivation.”

— MINNESOTA HEALTHCARE CONSORTIUM OMADA MEMBER

Being busy can be stressful and many people put healthy meals and exercise at the bottom of their “to do” list, but starting healthy habits doesn’t have to take a lot of time.

With Omada, you’ll get a program that easily fits your life and helps you find way to make good choices. ParTNers for Health members have collectively lost over **25,000 pounds** with Omada.



Omada helps you beat the excuses.

“I don’t have time...”

- ✔ You only need 10 minutes a day. On average, Omada members engage in their program 1-2 hours each week.

“Life is too complicated...”

- ✔ Your Omada health coach has your back. They’ll point you in the right direction with a wellness plan tailored to fit your life.

“Gyms are expensive...”

- ✔ A gym can help but you can do a lot at home. Omada shows you how to add more physical activity into your daily routines.

“

With Omada I am seeing results.

I need the accountability that Omada provides plus the support of the group.

—

MINNESOTA HEALTHCARE
CONSORTIUM
OMADA MEMBER

Take your next 10 minutes to join Omada.



Get Started Today

omadahealth.com/MHC