



Put an end to aches and pains

Introducing Omada® for Joint & Muscle Health, a virtual physical therapy program that connects you with your very own dedicated licensed physical therapist* to diagnose and treat your aches and pains—all from your smartphone or tablet.

Meet your physical therapist as soon as tomorrow. No driving to appointments, no waiting rooms.

Omada for Joint & Muscle Health is available to Medica members who: are at least 13 years old; are enrolled in a Medica Choice® Passport plan; and live in Iowa, Minnesota, Missouri, North Dakota, South Dakota, or Wisconsin. Your out-of-pocket costs will depend on your plan benefits and the services you access through the program. There's no cost for the prevention program. For a PT consultation and the PT-guided recovery program, each will be covered as an office visit under your plan's physical therapy benefits and applicable copay, deductible, and/or coinsurance rates will apply.



Join in less than one minute:
omadahealth.com/MHC

Your personal Omada physical therapist will help you:

- ✓ **Reduce pain**
Your licensed physical therapist will create a custom treatment plan to treat the source of your pain.
- ✓ **Move better**
Increase your strength and flexibility with the free exercise kit included.
- ✓ **Prevent injuries**
Your PT tracks your progress during treatment and makes adjustments to ensure your pain improves and stays that way.
- ✓ **Manage stress**
Get personalized support and resources from your physical therapist to ensure a healthy mindset.

What do you get as a member?

- ✓ Dedicated licensed physical therapist
- ✓ Personalized treatment plan
- ✓ Unlimited video visits
- ✓ Free exercise kit
- ✓ Tools for a healthy mindset

“Members love Omada

“I feel so much better than when I started Omada. It's amazing, the improvement in my neck, shoulder, hip and knees! I love that I can hike again without the subsequent knee pain.”

- Regena, Omada member

98% of Omada members see improvement in their area of concern and you can too.

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

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