



Get healthy your way



Create lasting change with Omada®.

All at no cost to you.

What you'll get with Omada:

- ✓ Dedicated health coach & care team
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

Do what works for you

Find healthy habits and routines that work for you.

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?

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 a few minutes to get started:

omadahealth.com/healthpartnersomada

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



Weight loss &
overall health



Diabetes



High blood pressure



HealthPartners®