





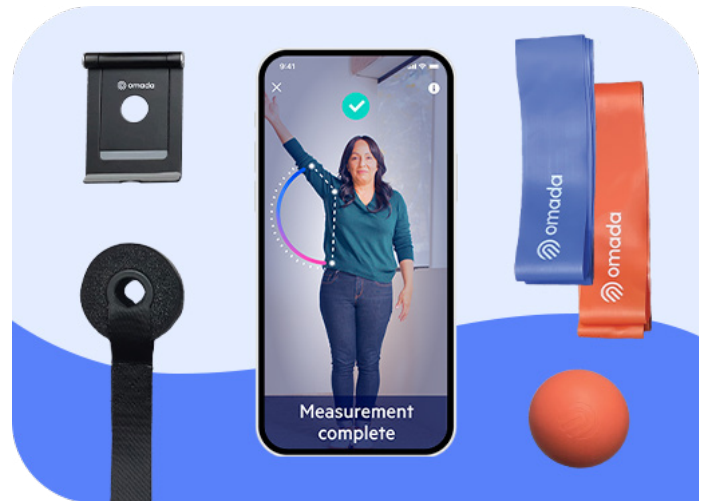
# Move easier and feel better with Omada<sup>®</sup>

You may have access to a virtual physical therapy program as it's provided by REEP.






From sprains to chronic pain, Omada for Joint & Muscle Health<sup>®</sup> can support your unique needs.

## Specialized programs

-  Chronic Pain
-  Women's Health
-  Ergonomics
-  Surgery Navigation
-  Work Conditioning



## What's included in your benefit:\*

-  Dedicated licensed physical therapist
-  Unlimited video visits
-  Customized care plan
-  App-based tools like virtual form detection
-  Exercise kit with resistance bands

**81% of members improved function in their area of concern.<sup>†</sup>**



Claim My Benefit:  
[msk.omadahealth.com/reep](https://msk.omadahealth.com/reep)

If you, your spouse, domestic partner, or adult dependent (age 18 or older) are enrolled in a REEP Anthem Blue Cross or Kaiser Permanente medical plan, you may qualify to participate in the Omada program at no cost. To be eligible, you must apply, meet the program's qualifications, and satisfy all eligibility requirements.

\*The program features described are specific to the Recovery Omada for Joint & Muscle Health<sup>®</sup> program, which includes a physical therapist. Women's Health is a version of the Recovery program. Members not experiencing a relevant injury or musculoskeletal condition may instead receive a preventive version of Omada for Joint & Muscle Health<sup>®</sup>, which includes different features and does not include a physical therapist.

Virtual physical therapy is only available where it is allowed by law.

<sup>†</sup>Omada internal analysis, member population data, 2024-2025.

Images, including apps, do not reflect real members or information about a specific person.

## Omada Program Benefits for REEP Members

If you, your spouse, domestic partner, or adult dependent (age 18 or older) are enrolled in a REEP Anthem Blue Cross or Kaiser Permanente medical plan, you may qualify to participate in the Omada program **at no cost**. To be eligible, you must apply, meet the program's qualifications, and satisfy all eligibility requirements.

### Monthly Gift Card Drawing

All eligible REEP member employees who apply to Omada will be automatically entered into a **monthly drawing** for a chance to win a **\$100 e-gift card**, courtesy of REEP. Three winners will be selected each month. All entries will remain anonymous.

### \$150 Enrollment Incentive

Eligible REEP member employees who apply, qualify, and enroll in one of the following Omada condition management programs are also eligible to receive a **\$150 e-gift card**: Diabetes, Hypertension, Joint & Muscle Health

**Please note:** E-gift cards will be sent directly to the email address used during enrollment and are typically distributed **30 to 60 days after the program start date**. **Only REEP member employees** are eligible to receive program incentives. Gift card rewards are considered **taxable income** by the IRS and may be reported as part of your employee compensation.

### What should I do if I have other questions?

Check out our help center articles at [support.omadahealth.com](https://support.omadahealth.com). If you are currently enrolled in an Omada program, you can email [support@omadahealth.com](mailto:support@omadahealth.com) or call **(888) 409-8687**.



## Am I eligible?

Complete a 1-minute application to confirm your eligibility. Scan the QR code using your mobile device or visit:

[msk.omadahealth.com/leep](https://msk.omadahealth.com/leep)