



Shift your mindset, *change your health*

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 and eligible for any of the Omada programs, verify benefit coverage by contacting the Member Services phone number on the back of your ID card.

Learn more:

omadahealth.com/healthpartnersomada

Diabetes and Condition Management Program

With Omada, there's
a program for you



Weight loss &
overall health



Diabetes



High blood pressure



HealthPartners®