



# 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](https://omadahealth.com/healthpartnersomada)

COMING IN  
JANUARY  
2022

With Omada, there's  
a program for you



Weight loss &  
overall health



Diabetes



High blood pressure



HealthPartners®