



Omada has helped more than
1 million
members in their journey to better health.




Feel the Joy of Health this Season with Omada

Don't forget to show yourself some love this holiday season with the gift of better health.

With Omada, you are paired with a care team who can help make this your healthiest holiday yet without missing out on the holiday fun. Below are some quick tips you can start using right away.

Thanks to Healthy County, you have access to Omada - a virtual health program that pairs you with a health coach, smart devices, and resources - at \$0 cost to you if eligible.

Holiday Health Tips from an Omada Health Coach:

-  Try an ingredient swap: use Greek yogurt instead of sour cream, or pureed bananas instead of regular sugar.
-  Go for a walk as a family, or play a fun game indoors.
-  Take a warm bath or do some deep breathing for 1-2 minutes.



With Omada, you get*:

- A dedicated care team with a health coach.
- Personalized care plan tailored to your lifestyle.
- Welcome kit with smart devices to easily track your progress 24/7*.

Get started at
omadahealth.com/healthycounty

Omada for Prevention is available at no cost to you when covered by your employer or health plan.

* Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements.

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