

Take care of your heart and mind

Keeping your whole self healthy means looking after both your body and mind. Movement combined with healthy food habits can keep your heart healthy and improve your mental state.

Some tips to help you balance both heart and mind:

- + Aim for at least 30 minutes of **moderate activity** every day.
- + Eat a **heart-healthy diet** with plenty of fruits, vegetables, lean proteins, and whole grains.
- + Get enough **quality sleep** every night and practice **stress-reducing techniques** like deep breathing, meditation, or yoga.
- + Surround yourself with **supportive relationships**.
- + Choose to be **smoking-free and limit alcohol** consumption.

Thanks to Texas Association of Counties, you have access to Omada, a virtual health program to help keep your body and mind happy and healthy—at \$0 cost to you, if eligible.

Omada members get:

- A dedicated care team with a health coach.
- Personalized care plan tailored to each member's lifestyle.
- Smart scale and app to easily track your progress 24/7.



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The program helped me look at exercise as a tool for my mental health. It helped my stress levels and mood. Overall very grateful for Omada.”

—
DIANA, OMADA MEMBER



Claim your benefit at
omadahealth.com/healthycounty