

Hey man...

your health is too important.





Men, your loved ones rely on you. Improve your health for them, and yourself.

More than 1 in 3 men are overweight or obese which can lead to many serious health conditions including heart issues, trouble sleeping, and joint pain.¹ Ignoring your health can also weigh heavily on your loved ones and those who rely on you.

Omada can help. Omada is a no-cost-to-you virtual care program that offers private and personal care to help improve your health by building healthy habits that work best for you. Use it anytime, anywhere.



Omada is different from other programs.

-  **100% human-led.** A real, personal health coach gives you one-on-one support.
-  **Not a celery-stick diet.** Get healthy with foods you already enjoy.
-  **On your time.** If you have your smartphone, you have your health coach.
-  **Tools to guide you.** Smart devices to track your progress (yours to keep).
-  **Made for you.** A wellness plan and lessons tailored to your goals and lifestyle.

Thanks to Healthy County, you have access to Omada at \$0 cost to you, if eligible.

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I am grateful that I have been able to be a part of Omada... Physically, mentally, and emotionally. I feel a lot better!

—
PAUL, OMADA MEMBER



Claim your benefit at
omadahealth.com/healthycounty

¹“Overweight & Obesity Statistics - Niddk.” National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.