

Step up for your health

Because your health impacts more than just you.

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.



Made for you. A wellness plan and lessons tailored to your goals and lifestyle.



On your time. With your smartphone, connecting with your health coach is easier than ever.



Tools to guide you. Smart devices to track your progress (yours to keep).

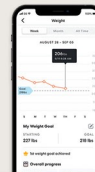
Thanks to Healthy County, you have access to Omada at \$0 cost to you, if eligible.



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I'm so happy I made the decision to enroll and continue with the program!”

—
EMILY, 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.

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