

Move more, feel better this summer

Small steps to stay active while soaking up the season

Summer is the perfect time to add a little extra movement to your routine. With Omada, you'll get personalized support to make small, meaningful changes that keep you feeling energized—without missing out on the fun.

Here are some ways to add movement into your summer plans

- + Walk or bike to nearby destinations instead of driving
- + Play a game of frisbee, pickleball or beach volleyball with friends
- + Take a morning or evening walk to enjoy cooler temperatures

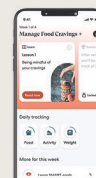
Thanks to Healthy County, you have access to Omada at \$0 cost to you if eligible.



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I look forward to working out, I look forward to eating a more healthy diet. I'm more confident daily, I feel more relaxed and ready to tackle the day!

—
GREG, OMADA MEMBER



Claim Your Benefit
omadahealth.com/healthycounty

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

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

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.