

# Prioritize your well-being this month

## Make self-care a habit with small, meaningful changes

Taking care of your health isn't just about eating right or exercising—it's also about managing stress, getting enough rest and setting time aside for yourself. Omada is here to help you build self-care habits that fit your lifestyle.

## Here are a few self-care ideas to try this month



Set a bedtime routine to improve sleep quality



Take breaks throughout the day to stretch and reset



Plan screen-free time to unwind and recharge

**Thanks to Healthy County, you have access to Omada 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.



“

When I began looking over my previous weeks/months, I loved seeing my weight progress. When I felt I was plateaued, I could see, over the long journey I was consistently making progress. Again, small steps, over time.”

—  
**RICK, OMADA MEMBER**



**Claim My Benefit**

[omadahealth.com/healthycounty](https://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.

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.