

# Keep your heart strong this season

## Simple steps to support heart health year-round

Colder weather can affect blood pressure and heart health, but small adjustments can make a big difference. With Omada, you'll get expert guidance and tools to help you manage your heart health—no matter the season.

## Try these heart-healthy habits this fall

- + Reduce sodium intake by choosing fresh, whole foods
- + Get regular movement, even if it's just a short walk
- + Practice deep breathing or mindfulness to manage stress

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

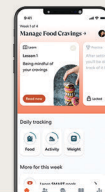


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“Omada is different from other programs because of the structure. You have weekly lessons and set weekly goals for yourself that you can achieve. You have access to a coach who can help you with questions as well as share lots of resources to help with other things you need.”

—

SHARON, OMADA MEMBER



**Claim Your 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.

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