



DIABETES AND HEART DISEASE PREVENTION

OPEN THE DOOR TO BETTER HEALTH

Take steps toward keeping diabetes and heart disease at bay

Discover how to build healthy habits that last

Feel healthy for life with Omada®.

Omada is an online program that can help you lose weight, feel great and lower your risk for type 2 diabetes and heart disease.

Omada combines science and support to help you develop healthy habits that last. You get personal support and interactive tools to get and keep you motivated:

- One-on-one guidance from a professional health coach
- A welcome kit with a wireless smart scale and other tools to track your progress
- An online peer group for motivation from people who get it
- Interactive weekly lessons on nutrition, fitness, sleep and stress
- On-the-go convenience with a mobile app
- And more

This program is available at no cost to you and adult family members if you qualify. Find out by answering a few quick questions — it just takes a minute.



Did you know?

Less than 3% of Americans actually live a healthy lifestyle

*Mayo Clinic Proceedings;
April 2016 Volume 91, Issue 4,
www.mayoclinicproceedings.org

Visit omadahealth.com/omadaforbcbasmn today.