JOIN OMADA TO BUILD HEALTHY HABITS THAT LAST

Omada® surrounds you with the tools and support you need to make better health choices in the moment—and for life.

**YOU’LL GET YOUR OWN:**
- Full-time health coach
- Wireless smart scale
- Online peer group for support
- Program that adapts to you
- Interactive weekly lessons
- Digital pedometer

### PHASE 1: EAT HEALTHIER
Learn the fundamentals of making smart food choices.

### PHASE 2: INCREASE ACTIVITY
Discover easy ways to move more and boost your energy.

### PHASE 3: OVERCOME CHALLENGES
Gain skills that allow you to break barriers to change.

### PHASE 4: STRENGTHEN HABITS
Zero in on what works for you, and find lasting motivation.

### PHASE 5: STAY HEALTHY FOR LIFE
Get additional tips, strategies and support.

This breakthrough online program combines proven behavioral science with rich data to help you make the changes that matter most. It’s an approach shown to reduce risk factors for type 2 diabetes and—lose some weight along the way.