Omada® is a personalized lifestyle change program designed to help you make gradual changes to the way you eat, move, sleep and manage stress—4 lifestyle behaviors that can have a direct impact on your weight and health.

Eat healthier
Learn how to enjoy every meal, no deprivation required.

Move more
Get motivation to start a “no pain, all gain” fitness routine.

Sleep better
See how being able to sleep well is like having a superpower.

Manage stress
Navigate tough times like a pro with strategies that truly work.

Ready to make health a habit?
You can receive the Omada program at no additional cost—a $650 value—if you or your adult dependents are enrolled in a CalPERS health plan offered through Kaiser Permanente, are at risk for type 2 diabetes, and are accepted into the program.

You’ll get your own:
- Interactive program
- Wireless smart scale
- Weekly online lessons
- Professional health coach
- Small group of participants

Take a 1-minute health test to see if you’re eligible:
omadahealth.com/kpcalpers