



Do healthy your way.



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