omada 🗑

Shift your mindset, change your health



Whatever 'healthy' means to you, Omada® helps you get there. **All at no cost to you.**

What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

Do what works for you

Find healthy habits and routines that work for you-motivation included.

24/7 access to support

Get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy.

The best part? It's covered.

If you or your adult family members are at risk for type 2 diabetes or heart disease, the cost of the program is covered.

It only takes 1 minute to get started.

omadahealth.com/calpers

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Weight loss & overall health

