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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