



OMADA

Create lasting change with Omada ALL AT NO COST TO YOU!

Omada is a personalized program designed to fit seamlessly into your life. We'll help you make gradual changes to the way you eat, move, sleep, and manage stress—4 lifestyle behaviors that can directly impact your weight, blood glucose levels, blood pressure, and overall health.

What you'll get with Omada:

- > Dedicated health coach & care team
- > Interactive weekly lessons
- > Smart devices, delivered to your door
- > Healthier lifestyle in 10 minutes a day, anywhere, anytime
- > Long term results through habit & behavior change

Omada will create a personalized path to help you get there.

- > **Lose weight**
 - > Ongoing one-on-one health coaching
 - > Connected scale to monitor progress
 - > Nutrition tips, ideas, and recipes
- > **Stay on top of diabetes**
 - > Specialized coaching from a certified diabetes specialist
 - > Connected devices you need to monitor your glucose
 - > Immediate feedback on glucose readings
- > **Take control of your blood pressure**
 - > Specialized health coaching for hypertension
 - > Connected blood pressure monitor
 - > Feedback to help you understand your readings
- > **Improve your overall health**
 - > Strategies to sleep better and manage stress
 - > Interactive lessons to build healthy habits
 - > Techniques to overcome challenges

With Omada, there's a program for you!



Weight loss & overall health



Diabetes



High blood pressure

Do you have questions?

Contact Omada:

- > Visit: omadahealth.com/itsc
- > By phone: 888-409-8687
- > By email: support@omadahealth.com

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