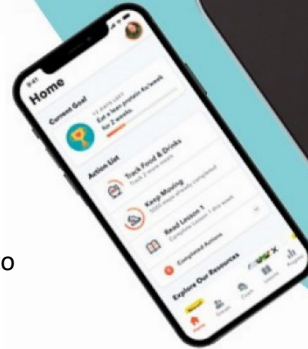




Access a health program built just for you

Omada® is a personalized program that helps members lose weight and create healthier habits through one-on-one personal coaching and the tools needed to make long-lasting health changes.

The best part: the program — up to a \$700 value — is no cost to you if you're eligible to join.



If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, Metro Government will cover the entire cost of the program.

Get started today:
omadahealth.com/metronash

\$0
cost
to you

Your personal Omada health coach will help you:

- ✓ **Eat healthier**
Rethink your plate without counting calories or cutting your favorite foods.
- ✓ **Gain more energy**
Improve your energy with weekly lessons and tips.
- ✓ **Sleep better**
Learn how to get better sleep at night.
- ✓ **Better manage stress**
Get exercises and tools to help set your mind at ease.

What do you get as a member?

- ✓ A personal health coach
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities
- ➕ **Plus, you get a smart scale to track your progress. And it's yours to keep!**

“ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”
- Amy, Omada member