Join Omada to build healthy habits that last

Omada® is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that’s around eating, activity, sleep, or stress. It’s an approach shown to help you lose weight and reduce the risks of type 2 diabetes.

- **Eat healthier**
  Learn the fundamentals of making smart food choices.

- **Increase activity**
  Discover easy ways to move more and boost your energy.

- **Overcome challenges**
  Gain skills that allow you to break barriers to change.

- **Strengthen habits**
  Zero in on what works for you, and find lasting motivation.

- **Stay healthy for life**
  Continue to set and reach your goals with strategies and support.

You’ll get your own:

- Insightful health metrics
- Connected smart scale
- Weekly interactive lessons
- Professional health coach
- Online community

MORE GREAT NEWS:
If you or your adult family members are enrolled in your MUST health plan and are at risk for type 2 Diabetes or heart disease, the Omada program is included in your benefits.

Take a 1-minute health screener to see if you’re eligible:
omadahealth.com/must