



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 and heart disease.

• 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:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants

MORE GREAT NEWS: MHC is offering Omada to employees and their adult family members who are enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan—at no cost to you.

omadahealth.com/mhc

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association. The Omada Program is from Omada Health, Inc., an independent company providing a digital intensive behavioral counseling program.

Resource
Training & Solutions
A Minnesota Service Cooperative