



Celebrate the season with health and joy

Make your well-being a priority this holiday season.

The holidays are a time for joy and celebration—but they can also bring stress and disrupt healthy routines. Omada is here to help you maintain balance and wellness throughout the festive season.

Thanks to Hamra, you have access to Omada — a virtual health program that pairs you with a health coach, smart devices, and resources — at \$0 cost to you if eligible.

Holiday health tips from Omada Health Coaches:

-  **Smart swaps:** Unsweetened applesauce can replace sugar for healthier treats
-  **Stay active:** Park farther away from your desired destination to add in extra steps to your day
-  **Relaxation techniques:** Start a gratitude journal or try progressive muscle relaxation before bed

With Omada, you get*:

- + A dedicated care team with a health coach.
- + Personalized care plan tailored to your lifestyle.
- + Welcome kit with smart devices to easily track your progress 24/7*.



Get started at
omadahealth.com/Hamra