

# Make small changes today for a healthier tomorrow

**Maintaining a healthy lifestyle and body weight can help you prevent or manage chronic conditions like diabetes.**

Omada® is a virtual health program that helps members eat better, move more, and reach their health goals.

Once enrolled, you'll get a welcome kit with easy-to-use smart devices delivered to your door, all at no cost to you.\*

## Omada members benefit from:

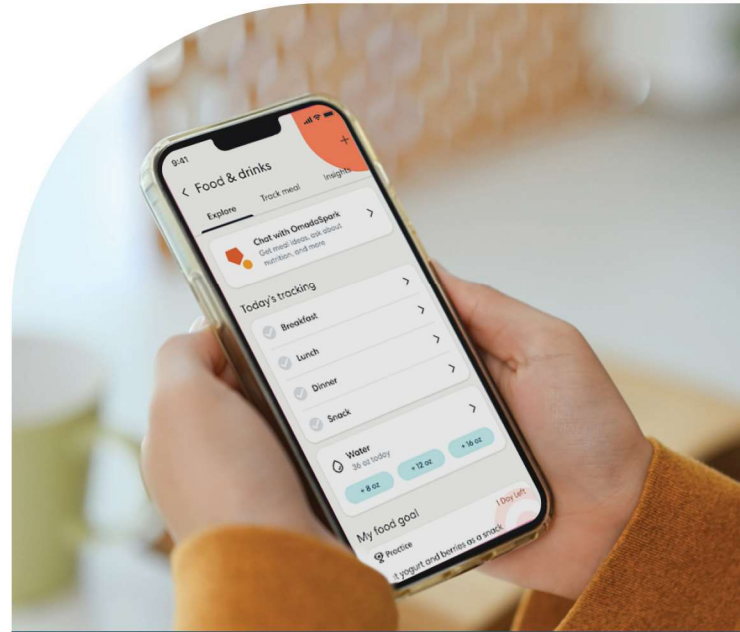
- ✓ **Proven approach:** Build healthy routines through nutrition guidance and a customized care plan.
- ✓ **Expert care:** Get paired with a health coach for one-on-one support.
- ✓ **Smart technology:** Measure your progress and stay on track with the Omada app, plus devices based on your needs.



Welcome kit included

Images, including apps, do not reflect real members or information about a specific person.

\*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.



## Support for your health journey

### Answers to your food questions

Ask OmadaSpark, our AI food chat, for ideas and tips.

### Meal tracking made easy

Snap a photo, scan a barcode, use your voice, or type in foods you eat.

### Motivation when you need it

OmadaSpark AI and your human health coach are ready to help you make long-lasting health changes.

**Thanks to Hamra Enterprises the Omada program is available to you at no cost if you're clinically eligible.**



**Claim your benefit at**

[omadahealth.com/hamra](https://omadahealth.com/hamra)