

New Year, Healthier You

3 Tips to Replace an Unhealthy Habit:

- 1 Make a list.**
 Reflect on your daily routine and write down habits you want to change, like skipping breakfast, sitting for long periods, or opting for sugary snacks.
- 2 Choose one habit to change.**
 Pick one habit to change and make a simple plan. For instance, swap out an afternoon sugary drink with water or take a 10-minute walk during your lunch break.
- 3 Commit to 7 days.**
 Focus on the new habit for the next days. If you slip up, no worries, and simply start over for another 7 days. Change is challenging, but Omada is here to support you every step of the way.



You may have access to Omada as you pursue your health goals in 2026. Get personalized health support from anywhere, at no additional cost to you, if eligible.



Zero cost for eligible members



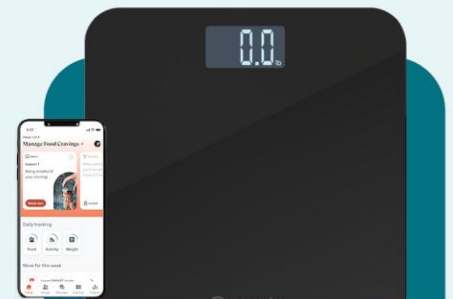
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*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

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