

Take the First Step to a Healthier Heart

There's no doubt about it—regular physical activity offers numerous benefits, from helping lower your blood sugar and cholesterol to reducing your risk of heart disease and stroke.

3 Ways to Get Moving Today:

- 1 Ease into it**
Exercise doesn't have to be intense to be effective. Start with small steps, like regular walks or trying out a yoga session.
- 2 Listen to your body**
Go at your own pace, take breaks as needed, and gradually increase your activity over time. Consistency is key for long-term health.
- 3 Bring a buddy**
Having a support system can make all the difference. Find a friend to join you on walks, or set up regular check-ins to keep each other motivated.



“

I feel like I am in more control of my life. I realize the importance of daily exercise and now crave it as part of my routine. I've also learned lots of ways to eat better with recipe and website links suggested by my coach.”

— CINDY,
OMADA MEMBER

You may have access to Omada to help reach your heart health goals. Get personalized health support from anywhere, at no additional cost to you, if eligible.

\$0

Zero cost for eligible members



Dedicated health team with an Omada health coach (yes, real people)



Personalized health plan tailored to each member's lifestyle



Smart devices to easily track your progress*, 24/7



Omada is available at no cost to you when covered by your employer or health plan.

* Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

Apply today

omadahealth.com/Hamra