



Feeling overwhelmed? You're not alone

Prioritize your mental well-being this October.

In today's fast-paced world, stress can take a toll on your mental health. Omada Health is here to support you with personalized programs and dedicated care.



Omada can help you:

-  **Understand Stress:** Learn how stress affects your body and mind, and identify your personal triggers.
-  **Practice mindfulness:** Engage in guided meditation, deep-breathing exercises, and relaxation techniques to foster a calmer, more focused you.
-  **Maintain a positive outlook:** Through personalized coaching with dedicated health coaches, develop coping strategies and build resilience around stress triggers and life events.

With Omada, you get*:

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

Thanks to Hamra, you have access to Omada at \$0 cost to you, if eligible.



Claim your benefit at
omadahealth.com/Hamra

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Omada is available at no cost to you when covered by your employer or health plan. Images, including apps, do not reflect real members or information about a specific person.