

Find calm, one breath at a time

Discover how simple breathing techniques can help you stress less and feel your best.

Stress is an inevitable part of life, but learning to manage it can transform your well-being. By incorporating deep breathing exercises into your daily routine, you can lower your heart rate, improve your focus, and boost your resilience.

With Omada®, we help you breathe easier—mentally and physically—through personalized support that fits into your lifestyle.



5 steps to deeper breathing:

- 1 Relax your body. Find somewhere to sit or lie down comfortably.
- 2 Close your eyes and inhale slowly through your nose. Feel your breath as it causes your belly expand to expand.
- 3 At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.
- 4 Focus on each breath as it goes in and out of your body.
- 5 If your attention wanders, that's ok. Bring the focus back to your next breath.

Thanks to Hamra, you have access to Omada, a virtual health program to help keep you happy and healthy - at \$0 cost to you, if eligible.



Claim your benefit at

omadahealth.com/Hamra