



Fitness that fits your life

Small moves today can lead to big health wins tomorrow.

Finding time for fitness doesn't have to feel impossible. With Omada, you can take small steps toward better health that fit seamlessly into your busy day. Whether it's 10 minutes of movement or building healthy habits over time, we're here to make it achievable.*

Let's work together to help you move more, feel better, and live your healthiest life—one step at a time.



Omada helps you beat the excuses.

"I don't have time..."

You only need 10 minutes a day. On average, Omada members engage in their program 1-2 hours each week.

"I don't know where to start..."

Your Omada health coach has your back. They'll point you in the right direction with a wellness plan tailored to fit your life.

"I don't like the gym..."

A gym can help but you can also do a lot at home. Omada shows you how to add more physical activity into your daily routines.

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



→ **Get Started Today**
omadahealth.com/Hamra

*Ghandi, Sandee LaMotte. "Just 10 Minutes of Exercise a Day Could Save Lives, Study Says." CNN, 24 Jan. 2022
Images, including apps, do not reflect real members or information about a specific person.