



Put your heart first

Small changes today can lead to a healthier tomorrow.

High blood pressure affects millions of adults, often without any warning signs. Omada makes it easier to track your health and make meaningful lifestyle adjustments that protect your heart, one step at a time.



That's why regularly monitoring your blood pressure and working on lifestyle changes are so important.

- 1 Check your numbers.**
Try to check your numbers at least once a week. A normal blood pressure is less than 120/80 mm Hg.
- 2 Get moving.**
Aim for at least 150 minutes of moderate exercise each week.
- 3 Make a better plate.**
Include high-fiber fruits (apples, berries), vegetables (broccoli, carrots), lean proteins (chicken, tofu), and healthy fats (avocados, olive oil).

Hamra Enterprises is offering Omada, a no-cost-to-you virtual health program that helps members lower blood pressure and lose weight to achieve long-lasting health changes.

Nearly **50%** of U.S. adults have high blood pressure.¹

Only **25%** have it under control.¹



→ **Claim your benefit at**
omadahealth.com/Hamra

¹What is High Blood Pressure?." American Heart Association. Updated May 3, 2024 <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>
*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.
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