omada

HAMRA ENTERPRISES

Make small changes today for a healthier tomorrow

Maintaining a healthy lifestyle and body weight can help prevent type 2 diabetes.

Omada® is a virtual health program that helps members eat better, move more, and lose weight.

Once enrolled, you'll get an easy-to-use smart scale, delivered to your door. It's yours to keep, all at no cost to you.

Omada members benefit from:

- **Proven approach:** Build healthy routines through nutrition guidance and a customized care plan.
- **Expert care:** Get paired with a health coach for one-on-one support.
- **Smart technology:** Measure your progress and stay on track with with a digital scale and app-based tools.



Welcome kit included



Support for your weight loss journey

Answers to your food questions	Ask OmadaSpark, our AI food chat, for ideas and tips.
Meal tracking made easy	Snap a photo, scan a barcode, use your voice, or type in foods you eat.
Motivation when you need it	OmadaSpark AI and your human health coach are ready to help you make long-lasting health changes.

Thanks to Hamra, the Omada program is available at no cost to you if you're clinically eligible.

Claim your benefit at
omadahealth.com/Hamra

Individuals portrayed are real Omada members. App images are illustrative and do not reflect real member data.