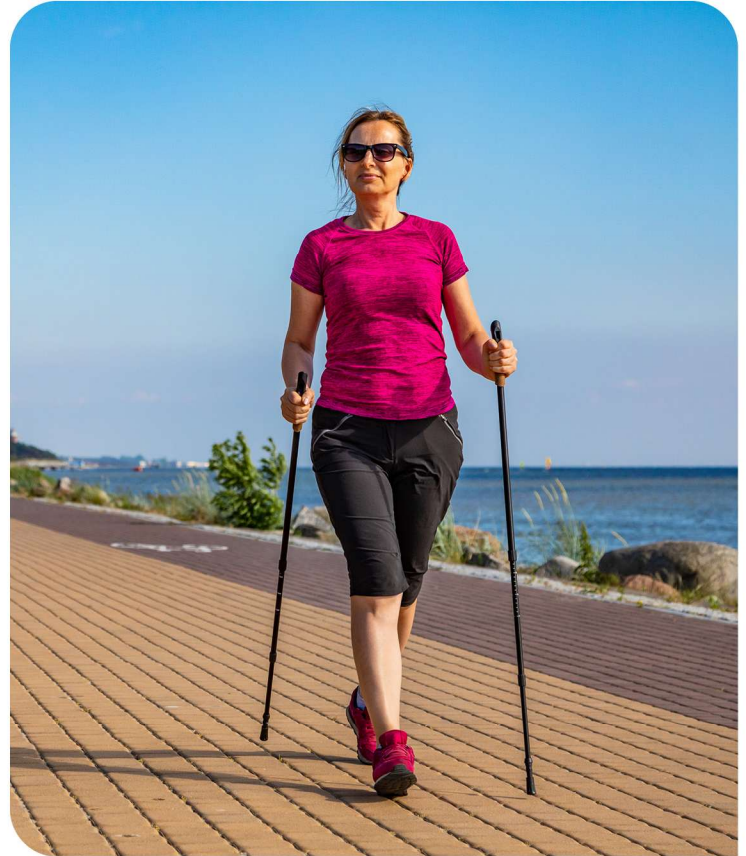


Keep your heart strong this season

Simple steps to support heart health year-round

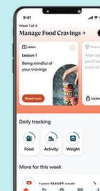
Colder weather can affect blood pressure and heart health, but small adjustments can make a big difference. With Omada, you'll get expert guidance and tools to help you manage your heart health—no matter the season.



Try these heart-healthy habits this fall

- ✓ Reduce sodium intake by choosing fresh, whole foods
- ✓ Get regular movement, even if it's just a short walk
- ✓ Practice deep breathing or mindfulness to manage stress

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



Claim Your Benefit

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