

August Wellness Action Message

Quarterly Theme: Building Blocks for Sustainable Change
August: Build Healthy Habits That Last!



Healthy Habits

Habits are essential to our health. They can make or break your chances of achieving and maintaining our lifestyle goals such as sticking to an eating plan, exercising regularly, and managing diabetes/other medical conditions, along with increasing quality of life and promoting longevity.

Understanding what habits are, as well as recognizing our own, good and bad is an important step towards helping you manage your diabetes and overall health.


Healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability.


Whatever "Healthy" means to you, Omada helps you get there.

Omada is a virtual-first integrated solution that inspires people to make lasting health changes on their own terms. They equip members with personalized tools, resources, and support to improve their health one step at a time.

Whatever you need, the Omada team is here to help. All at no cost to you.

With Omada, there's a program for you

 Weight loss & overall health

 Diabetes

What do you get with the Omada program

- ✓ A personal health coach
- ✓ All the smart devices you need
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities



Getting Started

- Learn more about the Omada personalized program: Refer to promotional flyer.
- Listen to the [Omada Video](#).

Get started today:
omadahealth.com/duluthjpe