



# Get healthy your way



Create lasting change with Omada®.  
**All at no cost to you.**

## What you'll get with Omada:

- ✓ Dedicated health coach & care team
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

## Do what works for you

Find healthy habits and routines that work for you.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."



## The best part?

If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Medica health plan, Duluth JPE will cover the entire cost of the program.

It only takes a few minutes to get started:

[omadahealth.com/duluthjpe](https://omadahealth.com/duluthjpe)

**With Omada, there's a program for you**

-  Weight loss & overall health
-  Diabetes

