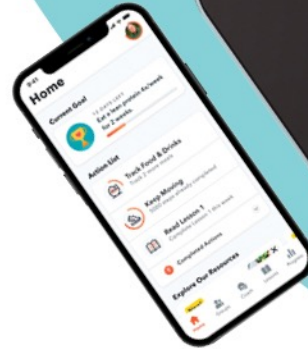




# Access a health program built just for you

Omada® is a personalized program that helps members lose weight and create healthier habits through one-on-one personal coaching and the tools needed to make long-lasting health changes.

**The best part: the program — up to a \$700 value — is no cost to you if you're eligible to join.**



If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, Metro Government will cover the entire cost of the program.

Get started today:  
[omadahealth.com/metronash](https://omadahealth.com/metronash)

**\$0**  
cost  
to you

## Your personal Omada health coach will help you:

- ✓ **Eat healthier**  
Rethink your plate without counting calories or cutting your favorite foods.
- ✓ **Gain more energy**  
Improve your energy with weekly lessons and tips.
- ✓ **Sleep better**  
Learn how to get better sleep at night.
- ✓ **Better manage stress**  
Get exercises and tools to help set your mind at ease.

## What do you get as a member?

- ✓ A personal health coach
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities
- ➕ **Plus, you get a smart scale to track your progress. And it's yours to keep!**

## “ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”  
- Amy, Omada member