



## Join Omada today!

Omada is a digital lifestyle change program that inspires healthy habits you can live with long term. It combines the science of behavior change with unwavering personal support, so you can make changes that actually stick. If you or your adult family members are at risk for type 2 diabetes or heart disease, the district health plan will cover the entire cost of the program—a \$650 value.

Omada includes:

- **A professional health coach** to keep you on track
- **A wireless scale** to monitor your progress
- **An interactive program** that adapts to you
- **Weekly online lessons** to educate and inspire
- **A small group of participants** for real-time support

Find out if you're eligible by taking a 1-minute risk screener at <http://omadahealth.com/shakopee720>