



Join Omada[®] to build healthy habits that last

Omada is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that’s around eating, activity, sleep, or stress. It’s an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

- **Eat healthier**
Learn the fundamentals of making smart food choices.
- **Increase activity**
Discover easy ways to move more and boost your energy.
- **Overcome challenges**
Gain skills that allow you to break barriers to change.
- **Strengthen habits**
Zero in on what works for you, and find lasting motivation.
- **Stay healthy for life**
Continue to set and reach your goals with strategies and support.

More great news:

REEP will cover the entire cost of the program if you or your spouse, domestic partner, or adult dependent aged 18 and older enrolled in a REEP Anthem Blue Cross or Kaiser Permanente medical plan apply, qualify, and meet the eligibility requirements.

All eligible individuals who apply will be entered into a monthly drawing, sponsored by REEP, for a chance to win a \$100 gift card! There will be three drawings per month, all names will be kept anonymous.

To find out if you're eligible and apply, start with our 1-minute risk screener at:

omadahealth.com/reep



SCAN TO LEARN MORE

You'll get your own:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants

