

Access a high blood pressure program built just for you

You now have access to Omada® as a covered benefit thanks to your employer. Sign up during this open enrollment period and get your welcome kit shipped to your door.

The best part: the program — up to a \$ 1,400 value — is no cost to you if you're eligible to join.

Omada is available at no cost to you and your covered family members with your health plan through The Pool.



Get started today:
omadahealth.com/wmhip

\$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?

All at no cost to you.

- ✓ A dedicated health coach and a clinical specialist
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

Plus, you get a welcome kit with smart devices to monitor your blood pressure and track your progress. You keep them all.

- ✓ Blood pressure monitor
- ✓ Smart scale (if clinically eligible)

“ Members love Omada

“Just by changing my diet a bit, being more active and learning how to better manage stress, I feel like I can finally control this. I couldn't be happier that I found something that works without being on pills.”

- Jerry, Omada member