

Ready for a change?

As a member of The Pool, you have access to life changing programs that put your health first. Whether you're looking to improve your overall wellbeing or ready to reverse diabetes, we have options available for you. Want to know the best part? They're all [free](#).

1.

Hinge Health

Struggle with back, joint, or muscle pain? This digital exercise therapy program can help you and your covered family members reduce pain in just 15 minutes a day, from the comfort of your own home.

2.

Virta

If you or a family member have been diagnosed with type 2 diabetes, Virta can help you lower your blood glucose levels, lose weight, and reduce your need for medication by making meaningful changes to your diet.

3.

Livongo

Receive a smart glucose meter, unlimited strips and lancets, and have access to expert coaches who provide advice on diet, lifestyle, and more to help make living with diabetes easier.

4.

Omada

If you're at risk of type 2 diabetes or heart disease, Omada's digital program can help you lose weight, gain energy, create healthier habits, and more with help from a dedicated health coach.

5.

2nd.MD

Schedule a virtual consult with specialists at top national institutions for a second opinion on diagnoses, upcoming surgeries, chronic conditions or pain, and more.

Ready to enroll?

Hinge Health

Visit hingehealth.com/thepool or scan this code with your smart phone:



Virta

Visit virtahealth.com/join/thepoolmi

Livongo/Teladoc Health

Text “Go WMHIP” to 85240 to learn more and join, visit Join.Livongo.com/WMHIP/register or call 800-945-4355 and use registration code: *WMHIP*

Omada

Visit omadahealth.com/wmhip or scan this code with your smart phone:



2nd.MD

Visit 2nd.MD/wmhip or call 1-866-841-2575

