



Take small steps for better health.

Regular activity can lower your blood glucose and cholesterol to reduce your risk of heart disease and stroke.

Omada helps you build healthy habits that stick, **one small change at a time.**

Get paired with your professional health coach, receive connected devices to track your progress, and create the right plan that **works with your lifestyle.**

The best part? **It's all at no cost to you.**

Get started at no cost to you:
omadahealth.com/pgcg

Start new healthy habits with personal support.

- ✓ Speak with a dedicated health coach
- ✓ Get connected devices to track progress
- ✓ Enjoy it all at **no cost to you**

Learn more at:
omadahealth.com/pgcg

Top tips to start getting active:

Ease into it

Exercise doesn't have to be hard to benefit you, and pushing it too hard too fast can lead to injury. Start slowly and gradually work your way up over time. Try a walk or yoga can be a great way to start.

Listen to your body

Go slow, do what you can, and take breaks when you need. Consistent activity that you can build on slowly over time will help you see progress more than an intense activity that's harder to stick with.

Bring a buddy

To get the support you need, involve the people you care about. Find a friend to walk with at lunch or someone you can text to hold you accountable for your daily goal. Create a support system to stay on track.

Check in with your doctor

If you're new to physical activity, returning after a long break, or worried about an injury or other health condition, be sure to chat with your doctor before you get started.

For eligible Prince George's County employees and their covered dependents

