



Feel Good this summer



Take your health coach on vacation.

Summer vacations don't mean throwing your health goals out the window. Omada can help you find the balance that works for your life and helps you feel your best.

Learn more at:
omadahealth.com/pgcg

What you get with Omada:

- ✓ A dedicated health coach or physical therapist
- ✓ Free easy-to-use devices
- ✓ A plan built to fit you

3 tips for healthy summer travel

Pre-plan snacks

Pack healthy snacks to avoid impulse eating.

Move daily

Find creative ways to move like exploring the neighborhood on foot.

Get support

Your Omada health coach or physical therapist can help you make choices that improve your health and fit your lifestyle.

*If covered by your employer or health plan: Omada for Prevention, Diabetes or Hypertension is available at no cost to you, and Omada for Joint & Muscle Health is subject to deductibles, copays and co-insurance as decided by your health plan. Some of the program features described in this email are specific to certain Omada programs. Certain connected devices provided by Omada as a part of an Omada program are only available to members who meet certain program and clinical eligibility. If you or your adult family members are eligible for any of the Omada programs offered by [Company], membership is covered by your health plan or employer.

