

 **omada** for Joint & Muscle Health

# Shift your mindset, *change your health*



Remove the barriers between you and recovery with Omada® for Joint & Muscle Health.

## What you'll get:

- ✓ A dedicated licensed Physical Therapist
- ✓ Treatment plan from head to toe
- ✓ Unlimited 1:1 chats and video visits with your PT
- ✓ Free exercise kit with all the tools you need

## Do what works for you

Find healthy habits and routines that work for you.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

## The best part?

Omada programs are available to members age 13 and older on an eligible Premera Blue Cross Blue Shield health plan.

## Sign up today:

[omadahealth.com/premera](https://omadahealth.com/premera)

With Omada, there's  
a program for you



Joint & muscle  
health