



# Shift your mindset, *change* your health



Whatever 'healthy' means to you, Omada® helps you get there.  
**All at no cost to you.**

## What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

## Do what works for you

We'll help you figure out the healthy habits and routines that work for you—motivation included.

## 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? It's covered.

If you or your spouse on the company medical plan are at risk for type 2 diabetes or heart disease, or are living with type 2 diabetes or high blood pressure, Norton Healthcare will cover the entire cost of the program—a \$650+ value.

It only takes 1 minute to get started.

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

## With Omada, there's a program for you



Weight loss & overall health



High blood pressure



Type 2 diabetes

