



Make healthy happen

Set and reach your health goals with the Omada® program.

Research shows that small, positive changes in 4 areas of your life —food, activity, sleep, and stress—can have a direct impact on your weight and health.

• **EAT HEALTHIER**

Omada will help you enjoy every meal, no deprivation required.

• **MOVE MORE**

You'd be surprised how far a little walking can take you.

• **SLEEP BETTER**

Being able to sleep well is like having a super power: It changes everything.

• **MANAGE STRESS**

Learn to navigate tough times like a pro with strategies that truly work.

Get more out of your health program.

Omada is a digital lifestyle change program that inspires healthy habits that last. MHC offers Omada to employees and their adult family members who are enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan.

See if you're eligible for Omada at no additional cost to you:

omadahealth.com/mhc

YOU'LL GET YOUR OWN:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants



Minnesota Healthcare Consortium
Participating Minnesota Service Cooperatives