



Get healthy your way



Create lasting change with Omada®.
All at no cost to you*.

What you'll get with Omada:

- ✓ Dedicated health coach & care team
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

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?

For those team members or family members who are on the Myers medical plan, membership may be covered by your health plan or employer! If you are at risk for type 2 diabetes or heart disease or are living with diabetes, then visit omadahealth.com/Myers to find out if you are eligible for the Omada program.

With Omada, there's
a program for you



Weight loss &
overall health



Diabetes

omadahealth.com/Myers



*Team members, spouses, and children (above the age of 18) are eligible if enrolled in the Myers medical plan.