



# Shift your mindset, *change your health*

Create lasting change with Omada®.  
**All at no cost to you (if you qualify\*).**

## 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.

## Get Rewarded!

All eligible individuals who apply will be entered into a monthly drawing, sponsored by REEP, for a chance to win a \$100 gift card! There will be three drawings per month, all names will be kept anonymous.

**Please note:** Gift card rewards are taxable by the IRS as employee income.

## The best part?

\*REEP will cover the entire cost of the program if you or your spouse, domestic partner, or adult dependent aged 18 and older are enrolled in a REEP Anthem Blue Cross or Kaiser Permanente medical plan, and apply, qualify, and meet the eligibility requirements.

Take 1 minute to see if you're eligible!

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

**New!**

Beginning July 1, Omada will provide programs focused on health risk reduction & management of certain chronic conditions.

With Omada, there's a program for you



Pre-diabetes & Pre-hypertension  
(Weight loss & overall health)



Joint & muscle pain



Diabetes



Hypertension  
(High blood pressure)

