

Omada® is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it. Participants get all the support and tools they need, including an interactive program, wireless scale, health coach, and more.



### Stage 1: Foundations

#### Week 1 - 4

Focusing on nutrition first, participants track meals, complete lessons, and engage with their group.

"I'M LEARNING HOW TO EAT BETTER."

#### Week 5 - 8

Participants learn how to incorporate healthy activities into their daily lives.

"I'M FINDING WAYS TO MOVE MORE."

#### Week 9 - 12

The focus shifts to managing stress, improve sleep habits, and overcome challenges.

"I'M SLEEPING BETTER AND STRESSING LESS."

#### Week 13 - 16

Participants practice techniques for making their healthy habits stick, for good.

"I'M CONFIDENT I CAN KEEP GOING."

### Stage 2: Focus

#### Week 17+

Participants focus on unique challenge areas and receive ongoing support from a health coach and extended peer group.

"I'M CONTINUING TO LEARN AND GROW."