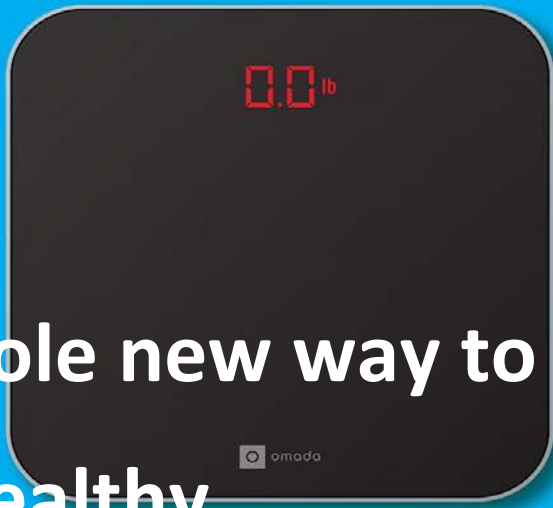








# A whole new way to get healthy.



Minnesota Healthcare Consortium is pleased to offer the Omada® program at no additional cost to all eligible employees and their adult family members enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan.

- PHASE 1** **EAT HEALTHIER**  
Learn the fundamentals of making smart food choices.
- PHASE 2** **INCREASE ACTIVITY**  
Discover easy ways to move more and boost your energy.
- PHASE 3** **OVERCOME CHALLENGES**  
Gain skills that allow you to break barriers to change.
- PHASE 4** **STRENGTHEN HABITS**  
Zero in on what works for you, and find lasting motivation.
- PHASE 5** **STAY HEALTHY FOR LIFE**  
Get an additional eight months of tips, strategies and support.

## YOU'LL GET YOUR OWN:

-  Full-time health coach
-  Wireless smart scale
-  Online peer group for support
-  Program that adapts to you
-  Interactive weekly lessons
-  Digital pedometer

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

The Omada Program is from Omada Health, Inc., an independent company providing a digital intensive behavioral counseling program.

TAKE A 1-MINUTE HEALTH TEST TO SEE IF YOU'RE ELIGIBLE:

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