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

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

omadahealth.com/mhc