

Click on one of the links below to watch a one-minute video on the Omada program or to download the program flyer.

[Omada Video](#)

[Omada Program Flyer](#)

Favorite Parts about the Omada Program

First, the health coach. Omada includes your own professional coach (like Emily!) who is there to keep you on track—on your best days and your worst. They personalize the experience to ensure you're getting exactly what *you* need to be successful.

Second, the tools and technology. Once you sign up, you'll get a welcome kit delivered to your doorstep. It includes a wireless smart scale that's automatically linked to your online account, making it easy (and addictive) to monitor your weight loss progress.

Last but not least: it actually works. You may have tried other programs or diets in the past. (Who hasn't?) But Omada is different. The average graduate continues to engage in the program and loses more than 10 pounds over 16 weeks.^[1]

Take a 1-minute risk screener today to find out if you're eligible: omadahealth.com/mhc

Note: To apply, please make sure you are only using the link above. Make sure you see the following two logos in the top left corner of the landing page:

