JOIN OMADA TO BUILD
HEALTHY HABITS THAT LAST

Omada® surrounds you with the tools and support you need to make better health choices in the moment—and for life.

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 additional tips, strategies and support.

SPOTS ARE LIMITED, SO ACT FAST: If you or your adult family member(s) are at risk for type 2 diabetes and are a City & County of Denver Kaiser Permanente member, this program is offered at no additional cost to you.

TAKE A ONE-MINUTE HEALTH TEST TO SEE IF YOU’RE ELIGIBLE:
omadahealth.com/kpcityofdenver

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