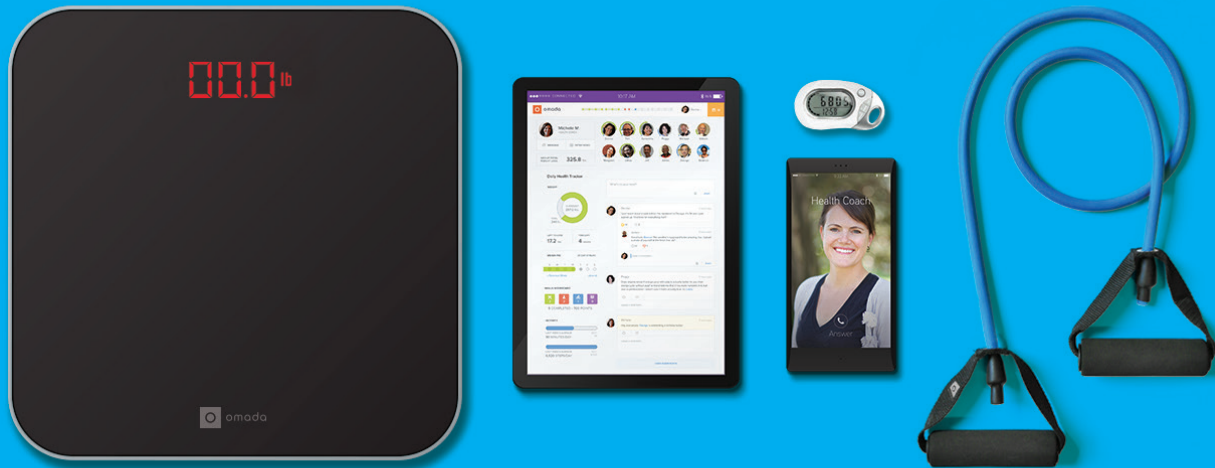


JOIN OMADA TO BUILD HEALTHY HABITS THAT LAST



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