Access a health program built just for you

🔊 omada'

Omada[®] is a personalized program that helps members lose weight and create healthier habits through one-on-one personal coaching and the tools needed to make long-lasting health changes.

The best part: the program is at no additional cost to you if you're eligible to join.

All at no additional cost to you: If you are eligible, Veolia North America will cover the entire cost of the program.



EXPRESS SCRIPTS'

See if you're eligible: express-scripts.com/healthsolutions

Log in to get your exclusive access code and link to apply to Omada.



additional

cost to you

Your personal Omada health coach will help you:

🗸 Eat healthier

Rethink your plate without counting calories or cutting your favorite foods.

🗸 Gain more energy

Improve your energy with weekly lessons and tips.

Sleep better

Learn how to get better sleep at night.

Better manage stress

Get exercises and tools to help set your mind at ease.

What do you get as a member?

- 🗸 A personal health coach
- A personalized care plan
- ✓ Weekly lessons

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- ✓ Tools for managing stress
- Online peer group and communities
- Plus, you get a smart scale to track your progress. And it's yours to keep!

66 Members love Omada

"The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small."

- Amy, Omada member

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

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