Better health, made easier

Whatever ‘healthy’ means to you, Omada® helps you get there. All at no cost to you.

What you get with Omada:

✓ A plan built around you
✓ Dedicated health coach & care team
✓ All the smart health devices you need

Do what works for you
We’ll help you figure out the healthy habits and routines that work for you—motivation included.

24/7 access to support
From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what ‘healthy’ means
Try new things you actually enjoy, rather than avoiding foods you “can’t eat” or things you “shouldn’t do.”

The best part? It’s covered.
If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Medica health plan, Minnesota Healthcare Consortium will cover the entire cost of the program.

It only takes 1 minute to get started.

omadahealth.com/mhc