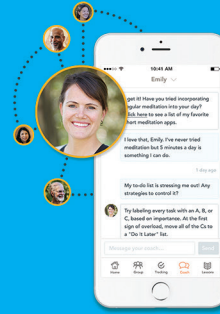


MESSA and Omada can help you build healthy habits that last



FREE
for eligible
MESSA
members

MESSA has partnered with Omada to help eligible members make small, gradual progress toward a healthier future. Participation in the Omada program is free for eligible MESSA members (a \$650 value).

Omada combines the latest technology with ongoing coaching and support to help participants make the health changes that matter most — whether that's around eating, activity, sleep or stress. Omada's approach has been proven to help enrollees lose weight and reduce the risk of chronic disease.

• EAT HEALTHIER

Learn the fundamentals of making smart food choices.

• INCREASE ACTIVITY

Discover easy ways to move more and boost your energy.

• OVERCOME CHALLENGES

Gain skills that allow you to break barriers.

• STRENGTHEN HABITS

Figure out what works for you and find lasting motivation.

• STAY HEALTHY FOR LIFE

Continue to set and reach your goals with strategies and support.

ENROLLEES GET THEIR OWN:



Free wireless smart scale



Professional health coach



Small-group peer support



Weekly online lessons



Interactive program