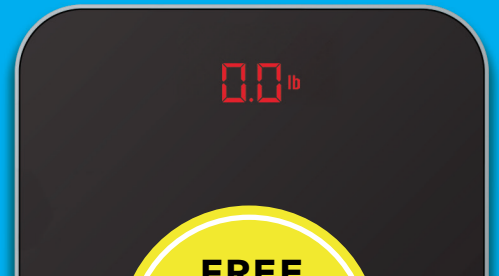




# MESSA and Omada can help you build healthy habits that last



**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

[messa.org/omada](https://messa.org/omada)

