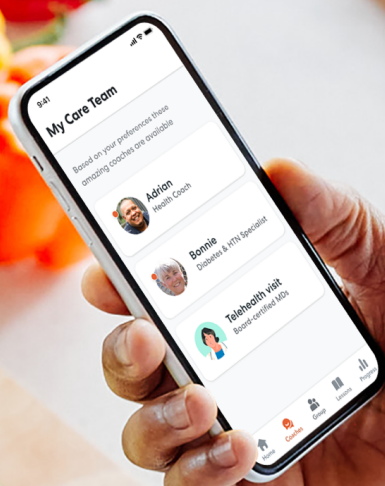




Get healthy your way



Create lasting change with Omada®.

What you'll get with Omada:

- ✓ Dedicated health coach & care team or licensed physical therapist
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

Do what works for you

Find healthy habits and routines that work for you.

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?

Omada membership is a benefit available through National Church Residences if you or your adult family members are enrolled in the company medical plan offered through UMR. When applying, locate your 12 digit member ID on your UMR medical card.

It only takes a few minutes to get started:

omadahealth.com/nationalchurchresidences

With Omada, there's a program for you



Weight loss & overall health



Joint & muscle pain*



Diabetes



High blood pressure



*The complete version of Omada® for Joint & Muscle Health includes a physical therapist. Members not experiencing a relevant injury or musculoskeletal condition may instead receive a preventive version of Omada® for Joint & Muscle Health, which includes different features and does not include a physical therapist.