omada for Joint & Muscle Health

Got aches and pains?

From an achy back to annoying wrist pain, your Omada[®] physical therapist can diagnose and treat most joint or muscle concerns.

Get expert help as soon as tomorrow

Video chat with your physical therapist and get help when you need it.

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.



CLAIM YOUR BENEFIT AT: omadahealth.com/nationalchurchresidences

What you get with Omada*



Licensed physical therapist



Personalized treatment plan



Unlimited video visits



Free exercise kit



Anytime, anywhere support



The program features described are specific to the complete version of Omada® for Joint & Muscle Health, which 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.