



 **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.

What you get with Omada*



Licensed physical therapist



Personalized treatment plan



Unlimited video visits



Free exercise kit



Anytime,
anywhere support



CLAIM YOUR BENEFIT AT:
omadahealth.com/nationalchurchresidences