

Access a blood pressure program built just for you

NMPSIA is offering Omada® to help people lower blood pressure with one-on-one health coaching and the tools needed to build healthy habits that stick.

The best part: the program—up to a \$1,400 value—is **no cost to you** if you're eligible and enroll.

With Omada, you'll get

-  Support from a health coach and specialist
-  Easy monitoring with smart devices and tools
-  AI-powered tools, like OmadaSpark, to track food and get instant nutrition answers
-  A personalized plan with recommendations tailored to your routine and preferences

If at risk for type 2 diabetes or heart disease, or living with diabetes and high blood pressure, and eligible, NMPSIA will pay for the entire cost of the program.



Start with a welcome kit

Smart devices shipped to your door after enrollment—yours to keep at no extra cost.¹

- ✓ Blood pressure monitor
- ✓ Smart scale



Claim My Benefit:

omadahealth.com/NMPSIA

¹Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

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