

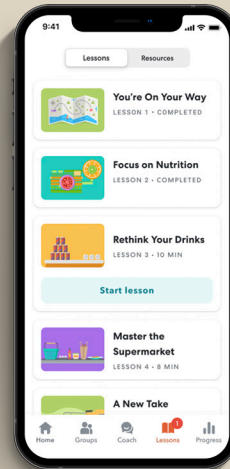


MICHIGAN CONFERENCE OF
TEAMSTERS WELFARE FUND



Better health, *made easier*

It only takes a few minutes to get started.



Get started at:

omadahealth.com/mctwf



Make health a *habit*

Omada surrounds you with the tools and support you need to build healthy habits and reduce the risk of type 2 diabetes and heart disease.

Whatever "healthy" means to you, Omada® helps you get there. All at no cost to you.

What you get with Omada:

- ✓ Dedicated health coach
- ✓ Wireless smart scale
- ✓ Interactive weekly lessons

The Omada Program is available to all MCTWF members, age 18 and older, who are eligible for MCTWF medical benefits and who are approved for enrollment based on an assessment of risk factors by Omada.

PARTICIPATE WITH PEACE OF MIND:

Your participation and progress in Omada is confidential and we do not share any personal health information with your employer.

Get started at: omadahealth.com/mctwf

Care of:
Omada Health
29995 Ahern Ave.
Union City, CA 94587

