



Shift your mindset, *change your health*

Remove the barriers between you and recovery with Omada for Joint & Muscle Health®. Meet with a dedicated Physical Therapist (PT) in as little as 48 hours from enrollment.*

What you'll get*:

- ✓ A dedicated licensed PT
- ✓ Treatment plan from head to toe
- ✓ Unlimited 1:1 chats and video visits with your PT
- ✓ Free exercise kit with all the tools you need

A treatment plan just for you

Treat the source of your pain, not just the symptoms.

App-guided exercises

3D animations and voice narration help with pacing and form.

Anytime, anywhere access

Message your PT for guidance and support.

Are you eligible?

Omada for Joint & Muscle Health is available to Medica members who: are at least 13 years old; are enrolled in a Medica Choice® Passport plan; and live in Iowa, Minnesota, Missouri, North Dakota, South Dakota, or Wisconsin.

Your out-of-pocket costs will depend on your plan benefits and the services you access through the program. There's no cost for the prevention program. For a PT consultation and the PT-guided recovery program, each will be covered as an office visit under your plan's physical therapy benefits and applicable copay, deductible, and/or coinsurance rates will apply.

Get Started:

omadahealth.com/mhc



*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.