

Celebrate World Heart Day...



A healthier heart equals a healthier you

Join 500,000+ people who've enrolled in Omada, a program to help you build healthy habits to reduce your risk of heart disease, a leading cause of death in the US.*

Omada helps you find the healthy habits and routines that work for you.

What you will get with Omada:

- ▣ A personalized plan built around you
- ▣ Dedicated health coach & care team with 24/7 access to support
- ▣ The smart devices you need, delivered to your door

Get started at no cost to you:

omadahealth.com/Inovalon

Omada is the only program I've tried that I can imagine doing for a lifetime. All the other programs I've tried set unrealistic goals for me. With Omada's education, I made informed choices and set goals with the help of my 1x1 coach. I have been changing eating, exercise, and thinking habits I've had for 50 years!
- Holly, 51, Seattle, WA

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*Source: [CDC](https://www.cdc.gov).