

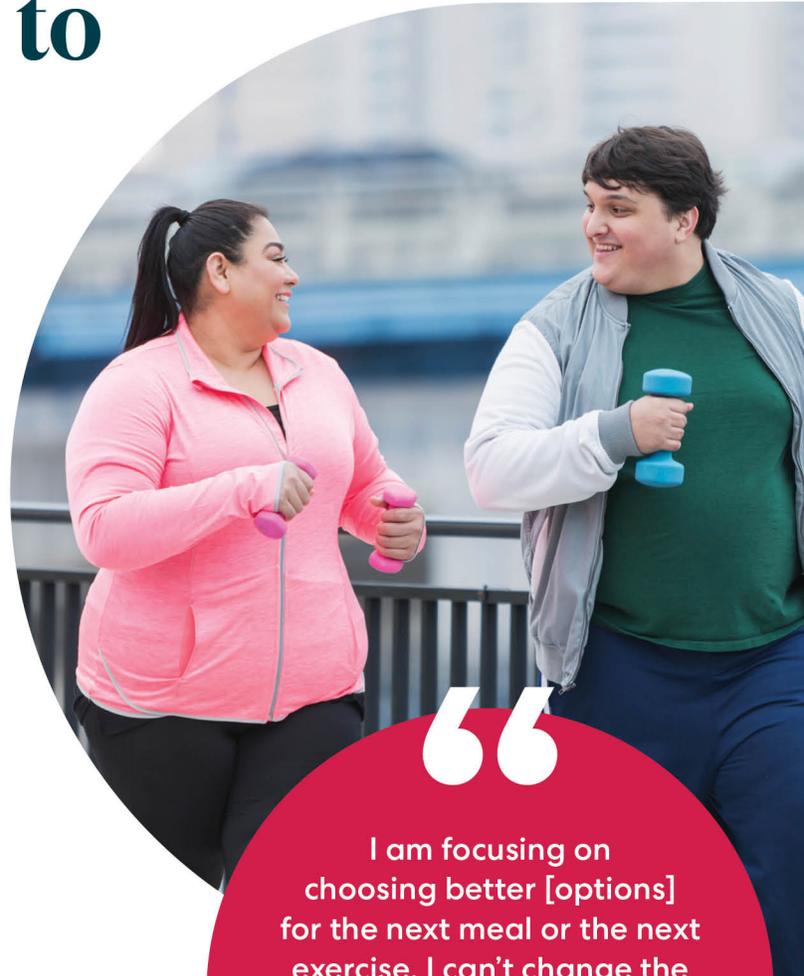


Take the first step to a healthier heart

No doubt about it—regular activity really pays off, from lowering your blood sugar and cholesterol to reducing your risk of heart disease and stroke.

3 Ways to Get Active Today:

- 1 Ease into it**
Exercise doesn't need to be tough to be helpful and going too hard too soon can lead to injury. Start gradually, like taking regular walks or trying out yoga.
- 2 Listen to your body**
Go slow, do what you can, and take breaks as needed. Consistent activity that you can build on slowly over time will help you see progress more than an intense activity that's harder to stick with.
- 3 Bring a buddy**
Create a support system to help you stay on track. Find a friend to walk with at lunch or someone you can text to hold you accountable for your daily goal.



“
I am focusing on choosing better [options] for the next meal or the next exercise. I can't change the past but I can choose to do better one step at a time.”
—
TRISHA,
OKLAHOMA

Thanks to Montgomery Public Schools, you have access to Omada to help reach your heart health goals. Get personalized health support from anywhere, at no additional cost to you, if eligible.



Zero cost for eligible members



Dedicated care team with a health coach (yes, real people)



Personalized care plan tailored to each member's lifestyle



Smart devices to easily track your progress, 24/7



Claim your benefit at
omadahealth.com/mcps

* Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.