



# A WHOLE NEW WAY TO GET HEALTHY

16-week digital health program that coordinates everything people need to embrace lasting change.



FULL-TIME  
HEALTH COACH  
always on  
your side



A WIRELESS  
SCALE AND  
PEDOMETER  
to track  
your success



A SUPPORTIVE  
GROUP  
to keep you  
motivated



WEEKLY  
LESSONS  
that create  
lasting habits



ONLINE  
GAMES  
to make it  
all stick

See if you or your family members qualify at  
[omadahealth.com/healthnetuc](http://omadahealth.com/healthnetuc)

Health Net and The University of California offer this program – a \$700 value – at no additional cost.

