

Virtual physical therapy

Shift your mindset, change your health

Remove the barriers between you and recovery with Omada® for Joint & Muscle Health.



What you'll get:¹

- A dedicated licensed physical therapist (PT)
- A head-to-toe treatment plan
- Unlimited 1:1 chats and video visits with your PT
- Free exercise kit with all the tools you need

Do what works for you

Find healthy habits and routines that are effective for you.

24/7 access to support

From weekly lessons to online communities, get all the tools that you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part?

Omada programs are available to members age 13 and older on an eligible Premiera Blue Cross health plan.

Current member?

Don't let a daily ache or pain today turn into an injury tomorrow. Get started with Omada now on the [Premera MyCare app](#).²

¹The 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.

²If you already have the Omada Joint & Muscle Health app downloaded, you can continue using them as is. You are not required to access them through the Premiera MyCare app.