

A better way to get joint & muscle relief

Prevent aches and pains or heal an injury with a treatment plan created just for you with a licensed physical therapist, on your time.

What you'll get*:

- ✓ Licensed physical therapists
- ✓ Treatment from head to toe
- ✓ Appointments within 24 hours

Get started:

omadahealth.com/premera



*The program features described in this email 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. Omada Health is an independent company that provides virtual physical therapy on behalf of Premera Blue Cross. 059211 (04-22-2022)