

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

What you'll get*:

- A dedicated licensed Physical Therapist
- Treatment plan from head to toe
- 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 work for you.

24/7 access to support

From weekly lessons to online community, get all the tools 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?

Sign up for our waitlist today:

omadahealth.com/premera

*The 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. Omada is an independent company that provides virtual physical therapy on behalf of Premera Blue Cross Blue Shield of Alaska.

059216 (04-22-2022)

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