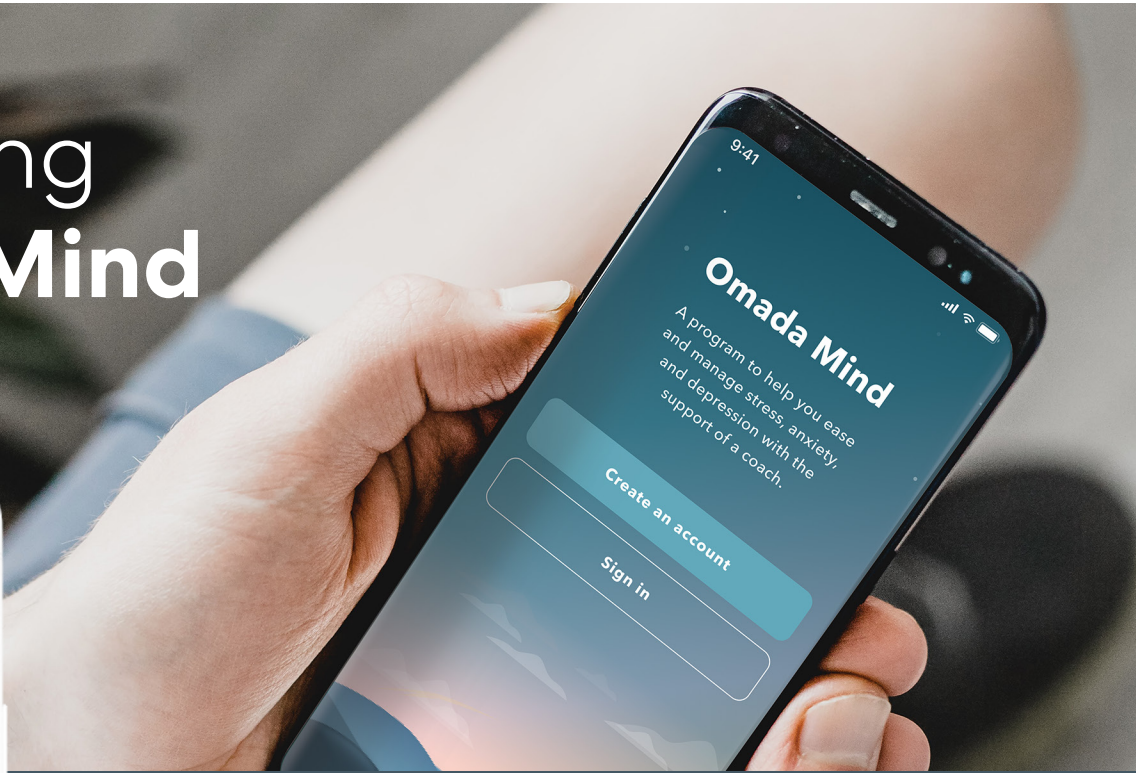
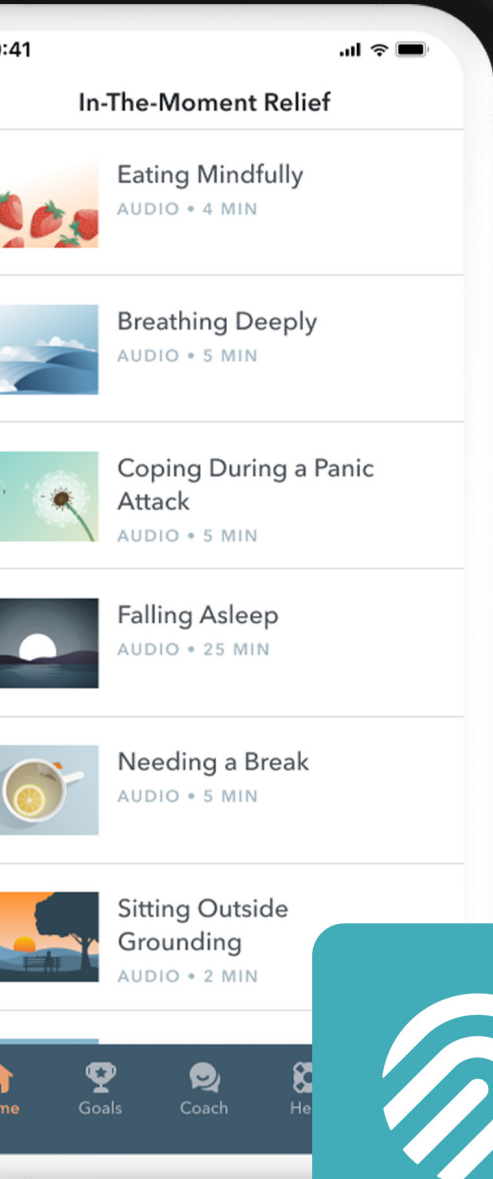


# Introducing Omada Mind



**Ongoing stress can be tough to handle, and most of us could use some relief.**

That's why we created Omada Mind, a new app to help you ease your stress, get better sleep, and find everyday relief, all online and available 24/7.



## You'll get secure, easy access to:



**A dedicated health coach** for tailored guidance



**Lessons and resources** customized to your needs



**In-the-moment relief** with guided audio exercises and mindfulness techniques

**Get started today:**

**Apply now** 

[www.omadahealth.com/healthpartnersmind](http://www.omadahealth.com/healthpartnersmind)