

Introducing **Omada Mind**

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In-The-Moment Relief



Eating Mindfully AUDIO • 4 MIN



Breathing Deeply AUDIO • 5 MIN

Coping During a Panic Attack AUDIO • 5 MIN



Falling Asleep AUDIO • 25 MIN



Needing a Break AUDIO • 5 MIN









Get started today:



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.



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You'll get secure, easy access to:

Lessons and resources customized to your needs

Omada Nind

A program to help you ease

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



www.omadahealth.com/healthpartnersmind