




Put an end to aches and pains

Introducing Omada®, a virtual physical therapy program that connects you with your very own dedicated licensed physical therapist* to diagnose and treat your aches and pains—all from your smartphone or tablet.

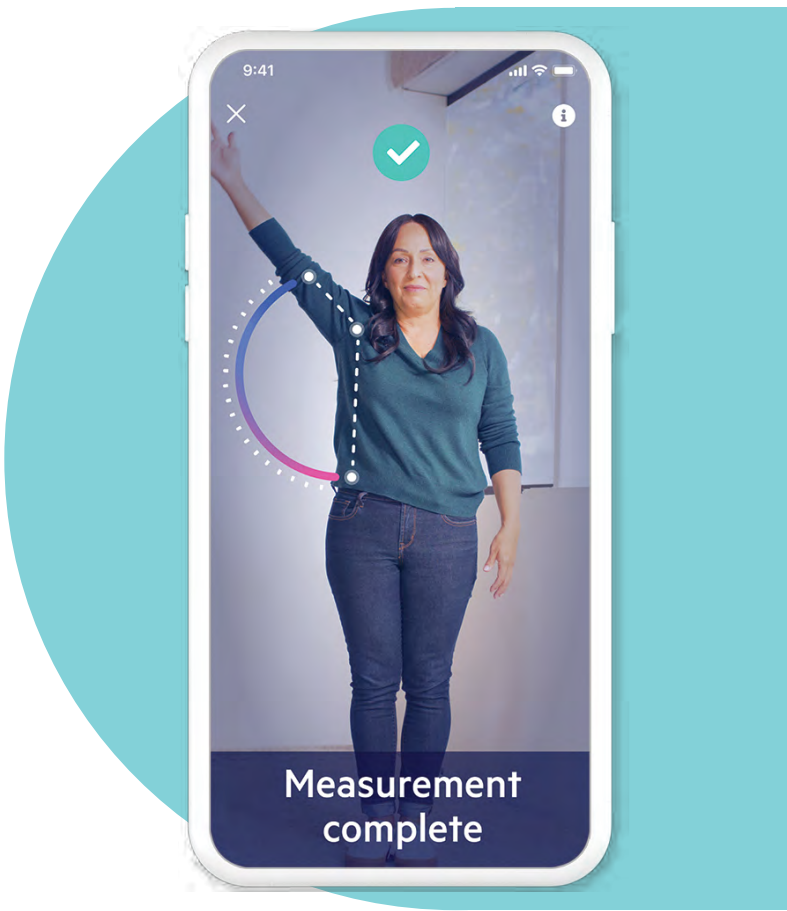
Meet your physical therapist as early as tomorrow.*† No driving. No waiting rooms.

If you or your family member (18+ for prevention, diabetes, hypertension programs, 13+ for joint and muscle health) are on a CEBT PPO or EPO medical plan and are eligible for any of the Omada programs offered by CEBT, your membership is covered. Members on HDHP plans may have a small fee for the Omada Joint and Muscle Health program.

 **Claim My Benefit**
msk.omadahealth.com/cebt

What do you get as a member?

- ✓ A licensed physical therapist with unlimited video visits
- ✓ Personalized treatment plan
- ✓ Free exercise kit*
- ✓ Tools for managing stress



“Members love Omada

“I couldn’t be happier with my recovery and the experience”
- Shane, Omada member

Your Omada physical therapist will help you:

- ✓ **Reduce pain**
They will create a personalized treatment plan to treat the source of your pain.
- ✓ **Move better**
They’ll track your progress and make adjustments for best results.
- ✓ **Prevent injuries**
They’ll help you increase strength and flexibility using videos and exercise tools.

*The program features described are specific to the complete version of Omada® for Joint & Muscle Health. Members not experiencing a relevant injury or musculoskeletal condition may instead receive a preventive version of the program, which includes different features and does not include a physical therapist.

†A referral may still be required by your state practice laws. Some states have limits on the type or duration of treatment without a referral. In those cases Omada will facilitate connections to external physicians for a referral.

Images, including apps, do not reflect real members or information about a specific person.