

# Stay Strong and Balanced Through Menopause

Menopause brings natural hormonal shifts that can affect your bones, muscles, and joints, increasing the risk of pain and fractures.

**Try these tips to keep your body healthy during this unique life stage:**

- 1 Bone Strength:** Engage in weight-bearing activities like walking or dancing.
- 2 Muscle Health:** Lift weights or use resistance bands to boost muscle mass and strength.
- 3 Nutrition:** Eat foods with calcium and vitamin D, such as dairy, leafy greens, and fish.
- 4 Flexibility and Stability:** Add a yoga, Pilates, or stretching exercise to your routine.
- 5 Expert Guidance:** Join Omada® and work with a physical therapist to create a personalized care plan.

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.

Omada for Joint & Muscle Health® is subject to deductibles, copays and coinsurance as determined under your health plan.

\*Your home state may require a referral from a physician. Omada can facilitate this with a video visit with a physician, but this may delay your initial physical therapy consultation.

Physical therapy is only available where it is allowed by law.

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



Thanks to CEBT, you have access to Omada for Joint & Muscle Health®, a virtual physical therapy program that provides expert guidance and app-based tools to help members stay strong for life.

Sign up today and meet your physical therapist as soon as tomorrow.†



**Ready to start your plan?**

Confirm your eligibility:

[msk.omadahealth.com/cebt](https://msk.omadahealth.com/cebt)