

Physical therapy built for women

Joint and muscle help built for women's needs.

Omada® offers physical therapists (PTs) specially trained to deliver care plans that are customized to fit each woman's individual needs. These plans can include things like pelvic health exercises, pregnancy posture modifications, labor and delivery preparation, pain education and more. We even provide guidance for ergonomics during and after pregnancy to help prevent future joint and muscle health concerns.

With Omada, you can expect:

- ✓ Pelvic health exercises
- ✓ Labor and delivery preparation & pain education
- ✓ Pregnancy posture modifications
- ✓ Proactive behavioral health support
- ✓ Mom & baby body mechanics
- ✓ Return to run or sports 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.

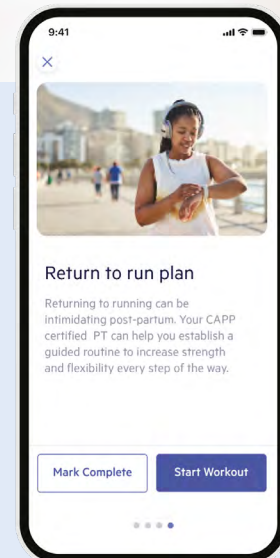


Meet your physical therapist
in as little as 24 hours.†

Get started at:

msk.omadahealth.com/cebt

1 in 3 women
experience a pelvic
floor disorder.
There are many
disparities among
women with pelvic
floor disorders.¹



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, which includes different features and does not include a physical therapist.

¹UCLA Health, <https://www.uclahealth.org/medical-services/womens-pelvic-health/patient-education/pelvic-floor-disorders>

†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.

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

Virtual physical therapy is only available where it is allowed by law. The complete (Recovery) version of Omada for Joint & Muscle Health is not currently offered to residents of Illinois.