






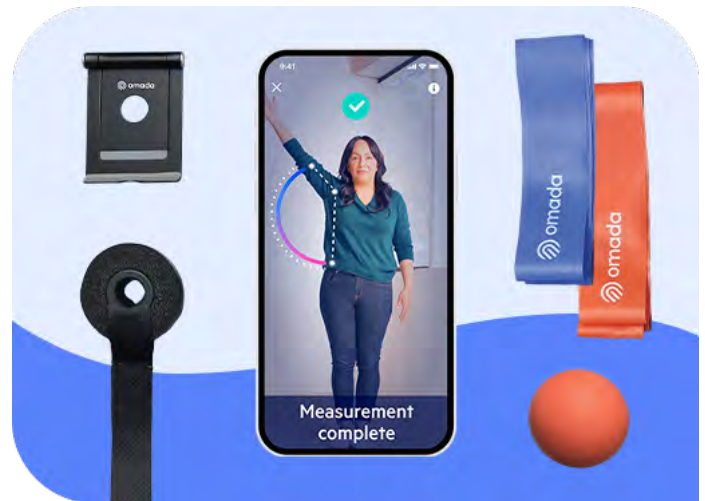
Move easier and feel better with Omada[®]

You may have access to a virtual physical therapy program as it's provided by CEBT.






From sprains to chronic pain, Omada for Joint & Muscle Health[®] can support your unique needs.

Specialized programs

-  Chronic Pain
-  Women's Health
-  Ergonomics
-  Surgery Navigation
-  Work Conditioning



What's included in your benefit:*

-  Dedicated licensed physical therapist
-  Unlimited video visits
-  Customized care plan
-  App-based tools like virtual form detection
-  Exercise kit with resistance bands

81% of members improved function in their area of concern.[†]



Claim My Benefit:
msk.omadahealth.com/cebt

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.

*The program features described are specific to the Recovery Omada for Joint & Muscle Health[®] program, which includes a physical therapist. Women's Health is a version of the Recovery program. 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.

Virtual physical therapy is only available where it is allowed by law.

[†]Omada internal analysis, member population data, 2024-2025.

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