

Live life without pain

Thanks to WGU, you have access to a virtual physical therapy program.

Sign up for Omada for Joint & Muscle Health® and **meet your physical therapist as early as tomorrow**—all from your smartphone or tablet.*



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

Specialized programs



Chronic Pain



Women's Health



Ergonomics



Surgery Navigation



Work Conditioning

"Virtual visits were more convenient and less stressful than taking time off work."

- Betsy, Omada member

Claim your benefit at:

msk.omadahealth.com/wgu

Omada for Joint & Muscle Health® is subject to deductibles, copays and coinsurance as determined under your UHC or Surest 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. Requirement of video referral in limited jurisdictions may delay time to meet a physical therapist.

†The program features described are specific to the Recovery and Women's Health versions 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.

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

App images are fictionalized samples and do not reflect information about a specific person.

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