



Get healthy your way

Create lasting change with Omada®.
All at no cost to you.

What you'll get with Omada:

- ✓ Dedicated health coach & care team
- ✓ Smart devices, delivered to your door
- ✓ Interactive weekly lessons
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

Do what works for you

Find healthy habits and routines that work for you.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

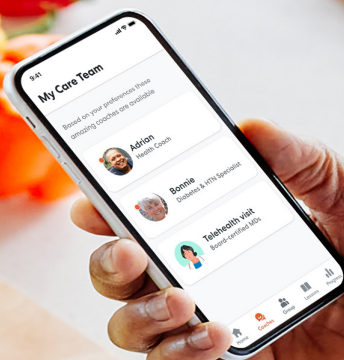
Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part? It's covered.

If you or the adult family members are enrolled in the Blue Cross and Blue Shield of Texas health plan and are at risk for type 2 diabetes or heart disease or living with high blood pressure, the Omada program is included in your benefits.

Learn more:

omadahealth.com/BCBSTX



**With Omada, there's
a program for you**



Weight loss &
overall health



High blood pressure

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