



**LILLY, OMADA HEALTH COACH**  
Great to see the tips we talked about are helping! Keep up the great work!



# Zero judgment. Zero costs.

Everyone deserves zero-judgment support for better health. Omada®'s easy-to-follow program helps members get healthier.

## Our members love Omada:

“I want to improve the quality of my life. It's about changing the way I feel day-to-day about myself and reducing my stress levels. I feel more empowered!”

- AILEENA, OMADA MEMBER

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

## What you get with Omada:

A program value up to \$700 —at no cost to you.



**YOUR PERSONAL HEALTH COACH**  
One-on-one support with an actual human who cares about your progress.



**EXPERT ADVICE, TAILORED TO YOU**  
Manage food, activity, sleep and stress with personalized support.



**SMART SCALE INCLUDED**  
Track your progress with this easy-to-use, synced device.



**ONGOING EMOTIONAL SUPPORT**  
Access tools and resources to ensure your mindset is healthy, too.

**UT SELECT**

**JOIN TODAY FOR \$0**  
[omadahealth.com/uts](https://omadahealth.com/uts)