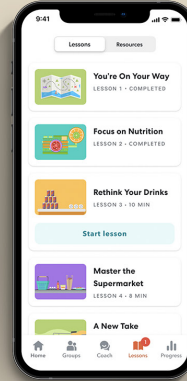




Shift your mindset, *change* your health



Whatever 'healthy' means to you, Omada® helps you get there.
All at no cost to you.

What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

Do what works for you

Find healthy habits and routines that work for you—
motivation included.

24/7 access to support

Get all the tools you need to face any challenge
head-on.

You decide what 'healthy' means

Try new things you actually enjoy.

The best part? It's covered.

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

It only takes 1 minute to get started.

With Omada, there's
a program for you



Weight loss &
overall health

omadahealth.com/uts

UT SELECT