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.

omadahealth.com/uts