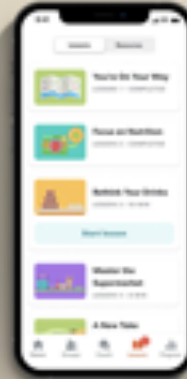




# Shift your mindset, *change* your health



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](https://omadahealth.com/uts)

**UT SELECT**