



Access health programs built just for you

Omada® offers one-on-one health coaching, specialist support and smart devices to help members lower blood pressure or lose weight.*

The best part: Omada is no cost to you if you're eligible to join—up to a \$1,400 value.

Join Omada for access to

- ✓ Personal support from a health coach and specialist*
- ✓ Easy monitoring with smart devices and tools
- ✓ Online peer groups and communities



Claim My Benefit
omadahealth.com/bcbstx

Programs available to you



**Take
control of
blood pressure**



**Manage weight
and lower
health risks**

If you, or your eligible 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 are living with high blood pressure, the Omada program is included in your benefits.

\$0
cost
to you



All members receive a welcome kit*

With easy-to-use devices, shipped to your door and yours to keep. All at no cost to you.

- ✓ Blood pressure monitor
- ✓ Smart scale

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

Images, including apps, do not reflect real members or information about a specific person.