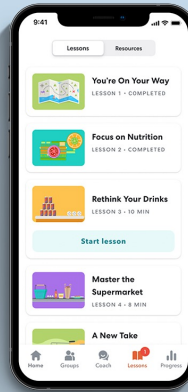


Get healthy your way



Create lasting change with Omada® for Prevention.
All at no cost to you.

What you'll get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach
- ✓ Wireless smart scale
- ✓ Interactive weekly lessons

Do what works for you

Find healthy habits and routines that work for you.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part?

If you or your 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, the Omada program is included in your benefits.

Please note: A member has to be clinical eligible to join the Omada program as this is a diabetes prevention program.

With Omada, there's
a program for you



Improve
overall health

Join today at omadahealth.com/tamus