

# Join Omada<sup>®</sup> to build healthy habits that last

Omada is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that’s around eating, activity, sleep, or stress. It’s an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

- **Eat healthier**  
Learn the fundamentals of making smart food choices.
- **Increase activity**  
Discover easy ways to move more and boost your energy.
- **Overcome challenges**  
Gain skills that allow you to break barriers to change.
- **Strengthen habits**  
Zero in on what works for you, and find lasting motivation.
- **Stay healthy for life**  
Continue to set and reach your goals with strategies and support.






### More great news:

If you or your adult family members are enrolled in our Texas Association of Counties Health and Employee Benefits Pool health plan in partnership with 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 at no cost to you.

Take a 1-minute risk screener to see if you’re eligible:

[omadahealth.com/healthycounty](http://omadahealth.com/healthycounty)

### You'll get your own:

-  Interactive program
-  Wireless smart scale
-  Weekly online lessons
-  Professional health coach
-  Small group of participants



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL