

## GET HELP LIVING WITH DIABETES

HealthSelect of Texas® and Consumer Directed HealthSelect<sup>SM</sup> medical plan benefits include office visits, testing, self-management training, eye examinations and foot care for participants living with diabetes. You also have access to a team of care management clinicians who can provide extra support and guidance to help you manage your condition. If eligible, you can also access **Omada® for Diabetes**, a digital diabetes management program that delivers personalized health coaching and education to help manage diabetes at no additional cost to you. The Omada for Diabetes program includes diabetic supplies, digital tools and diabetes support.

When prescribed by a physician, HealthSelect<sup>SM</sup> participants can also get diabetic items and supplies, including glucose monitors, test strips and lancets, through the HealthSelect<sup>SM</sup> Prescription Drug Program (PDP). Learn more about your prescription drug benefits at [healthselectoftexas.com/prescription-drug-benefits](https://healthselectoftexas.com/prescription-drug-benefits) or by calling **(800) 935-7189 (TTY: 711)**, 24 hours a day, seven days a week.



### Brian's Journey

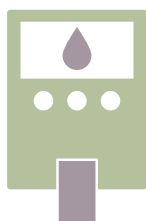
Brian was diagnosed with Type 2 diabetes following his annual wellness exam. His primary care provider (PCP) recommended that Brian improve his diet and get more exercise. His PCP also prescribed medication and advised him to start checking his blood sugar levels at specific times throughout the day.



Brian's diagnosis prompted him to find out how his HealthSelect of Texas medical benefits could help him manage his condition. He called the number on the back of his medical ID card and asked to speak to a clinician. The clinician shared with Brian that he had access to Omada for Diabetes, a digital diabetes condition management program available to eligible adult participants with Type 1 or Type 2 diabetes.



**Get help managing your diabetes:**  
[healthselectoftexas.com/condition-management/omada-for-diabetes](https://healthselectoftexas.com/condition-management/omada-for-diabetes)



Brian was approved for Omada and set up his online account. Within two weeks, he got a welcome kit, which included a 14-day continuous glucose monitor (CGM) and a blood glucose meter to connect to his Omada account. He also got the first of an ongoing supply of test strips and lancets.



The program provided Brian with tools and personalized support to help manage his diabetes alongside the in-person care he was getting from his doctor. He began meeting with his Omada care team who would help him on his personal path to building healthier habits.



In the weeks that followed, Brian regularly engaged with the Omada program and was able to track his progress with the data from the connected devices. Six months later, he shared his readings from the Omada app with his doctor, showing that his glucose levels had improved and were more consistently in a normal range.

Find out more about Omada for Diabetes and additional resources at **[healthselectoftexas.com](https://healthselectoftexas.com)**. You can also call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday, 7 a.m.-7 p.m. CT and Saturday, 7 a.m.-3 p.m. CT.

Certain diabetic supplies available at no cost through the HealthSelect PDP. (Consumer Directed HealthSelect participants must first meet their deductible and then pay coinsurance.) Coverage of glucometers is subject to change.

Omada is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide diabetes management for members with coverage through BCBSTX.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelect<sup>SM</sup>.

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