

# A diabetes program built just for you

The Employees Retirement System of Texas is offering Omada<sup>®</sup> for Diabetes to help eligible HealthSelect<sup>SM</sup> medical plan participants manage their diabetes with one-on-one personal coaching and tools to make long-lasting health changes. This includes eligible participants enrolled in Consumer Directed HealthSelect<sup>SM</sup> and HealthSelect<sup>SM</sup> Secondary, administered by Blue Cross and Blue Shield of Texas.



Eligible participants can join at no additional cost.

## Get diabetes help



Smart device readings synced to a companion app



Eat healthier without counting calories or cutting out favorite foods



Get up and move — yes, solo dance parties totally count

## Get access to

- One-on-one support from a personal health coach
- Easy health monitoring with smart devices and tools
- Expert guidance from a diabetes specialist

## Participants receive a welcome kit

With easy-to-use devices, based on your needs. All at no additional cost to you.

- Two continuous glucose monitor sensors (CGMs)
- Blood glucose meter
- Ongoing supply of test strips and lancets
- Smart scale (if clinically eligible)

Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Continuous glucose monitor sensors (CGMs) are only available if you qualify for the diabetes program. CGMs also require a prescription and a compatible smartphone. You will receive two (2) CGM sensors — one after you enroll and the other at the six month follow-up.



Claim my welcome kit:  
[go.omadahealth.com/healthselect](https://go.omadahealth.com/healthselect)



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

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