

Can changing how you feel about food impact your health?

Ditch diet culture and dig into a new food experience with easy-to-use tools, tips, and ideas to unlock a happier, healthier you.



New tools to help you eat smarter



No foods are off limits

Learn simple strategies to make better choices that work for you, like adding more protein and fiber or eating healthy on a budget.



Learn more about your food

Get instant serving size and nutrient analysis to better understand your food choices.



Understand your motivations

Learn how emotions affect eating habits so you can make healthy changes that last.

About Omada[®] for Diabetes

Omada for Diabetes is a digital diabetes management program that delivers personalized health coaching and education to help participants manage diabetes. With expert support from a dedicated care team and smart devices to monitor progress, participants will learn to make small, lasting changes—at their own pace—so they live healthier, feel better and have more energy.

HealthSelect of Texas[®] medical plan participants with Type 1 or Type 2 diabetes who are age 18 and older living in the U.S., including those enrolled in Consumer Directed HealthSelectSM and HealthSelectSM Secondary, are eligible to participate. Omada is not available for participants enrolled in the HealthSelect Medicare Advantage plan.



Apply today

omadahealth.com/healthselect

