

Recipe for Healthier Lunches

We cooked up a formula for simple yet healthy lunches.

Preparing healthy, nutrient-rich lunches for you and your family can help prevent weight gain, a major risk factor for type 2 diabetes and other chronic conditions.

Lunch formula:

- + 1 handful of whole grains
- + 1 hand-sized portion of protein
- + 1 handful of veggies
- = 1 complete lunch

Omada[®] for Diabetes Can Help

-  **100% human-led.** A real, personal health coach gives you one-on-one support.
 -  **Not a celery-stick diet.** Get healthy with foods you already enjoy.
 -  **On your time.** If you have your smartphone, you have your health coach.
 -  **Tools to guide you.** Smart devices to track your progress (yours to keep).
 -  **Made for you.** A wellness plan and lessons tailored to your goals and lifestyle.
- + 1/2 cup baked beans
- + 1 cup cooked quinoa
- + Sliced avocados
- + Dressing drizzled on top
- + Corn tortillas

1 "Overweight & Obesity Statistics - Niddk." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, Sept. 2021.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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.



Quinoa and Black Bean Tacos



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