



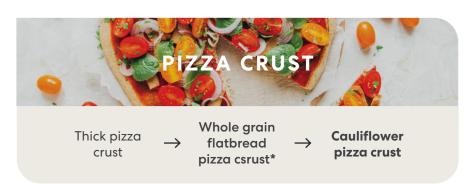
Eat fewer refined carbs, one smart swap at a time.

Eating a diet high in refined carbs can contribute to weight gain, elevated blood sugar levels, and an increased risk of type 2 diabetes. If foods like cereal, pizza, and pasta are staples in your current diet, cutting back might feel overwhelming. But small, sustainable changes can make a big difference.

Start Simple:

- Ease into the change by swapping refined carb foods for a higher fiber, less processed version.
- + If lowering your overall carb intake is your goal, try experimenting with lower-carb substitutions.

Whether your goal is to find a healthier version of your favorite carb food, or switch to a lower carb alternative, Omada® for Diabetes has you covered. Not every option will work for you right away—and that's okay. Give each one a try a few times, and you might be surprised by how quickly you adjust.















 $\begin{array}{c} \text{Sugary} \\ \text{cereal} \end{array} \rightarrow \begin{array}{c} \text{Plain Cheerios} & \text{Plain} \\ \text{or unsweetened} & \rightarrow & \text{steel-cut} \\ \text{Shredded Wheat*} & \text{oats*} \end{array} \rightarrow \begin{array}{c} \text{Unsweetened} \\ \text{yogurt} \end{array}$

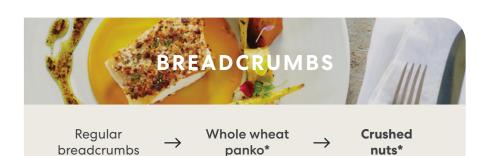


Traditional crackers \rightarrow 100% whole wheat thins* \rightarrow Rye crispbreads or flaxseed crackers* \rightarrow Salted cucumber slices

Omada for Diabetes gives you access to specially trained health coaches, personalized nutrition coaching, and tools to help you make smart swaps that fit your lifestyle. You'll get the support you need to build healthier habits without giving up the foods you love.

Take control of your health, one meal at a time.





*A healthier choice, but still a bit high in carbs and/or calories. Enjoy a small portion.



Apply Today

omadahealth.com/healthselect



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.