

**\$0**  
cost  
to you



# Access a health program built just for you



Healthy County is offering Omada® to help members lose weight with one-on-one personal coaching and the tools needed to make long-lasting health changes.

**The best part: the program—up to a \$700 value—is no cost to you if you're eligible to join.**

## Omada helps members



See smart scale readings in the Omada app after each use



Eat healthier without counting calories or cutting out favorite foods



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

## Join Omada for access to

- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale and tools

## All Omada members receive a welcome kit

With easy-to-use devices, based on your needs, shipped to your door and yours to keep. All at no cost to you.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress



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

If you or your adult family members are enrolled in the Texas Association of Counties Health and Employee Benefits Pool health plan in partnership with Blue Cross and Blue Shield of Texas, and are at risk for type 2 diabetes or heart disease, the Omada program is included in your benefits at no cost to you.