



Do healthy your way.



Omada® is a personalized lifestyle change program designed to help you make gradual changes to the way you eat, move, sleep and manage stress—4 lifestyle behaviors that can have a direct impact on your weight and health.

Eat healthier

Learn how to enjoy every meal, no deprivation required.

Move more

Get motivation to start a “no pain, all gain” fitness routine.

Sleep better

See how being able to sleep well is like having a superpower.

Manage stress

Navigate tough times like a pro with strategies that truly work.

Ready to make health a habit?

If you or your adult family members are enrolled in our 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.

Take a 1-minute health screener to see if you're eligible:

omadahealth.com/healthycounty

You'll get your own:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants



TEXAS ASSOCIATION OF COUNTIES HEALTH AND EMPLOYER BENEFITS POOL