

# Having diabetes can be stressful, but it can be managed.

**Omada can help you manage your diabetes and prevent diabetes complications.**

If living with diabetes, lifestyle changes may be needed. But small changes have a big impact. Omada is here to help.

Omada is a virtual program that will help you manage your blood sugar in small ways, through better health choices.

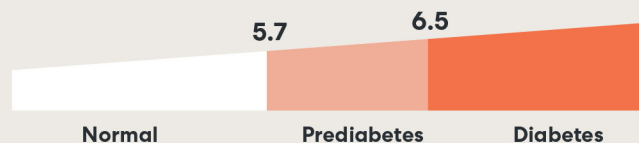


## Big things happen with small changes.

↓ Reduce **A1c** by 1 pt ↓

**Reduce elevated A1c and diabetes complications such as:**

- Heart Attack by 14%
- Stroke by 12%
- Heart Failure by 16%
- Amputation by 43%
- Death from diabetes by 21%



### What is A1c?

The A1c test is a simple blood test that measures average blood sugar levels over the past 3 months.

- **Prediabetes:** A1c level of 5.7% to 6.4%
- **Diabetes:** A1c level of 6.5% or higher

(Source: CDC)

The SEBB diabetes management program powered by Omada is available to SEBB UMP members. To learn about the diabetes management programs for Premera and Kaiser members, see [hca.wa.gov/sebb-diabetes](http://hca.wa.gov/sebb-diabetes).



Check if you're eligible  
[omadahealth.com/wasebb](http://omadahealth.com/wasebb)