



**“I don’t have time...”**

**(says almost everyone)**

Join the Diabetes Prevention Program powered by Omada, a health program that fits your life and helps you find ways to be more active and help prevent type 2 diabetes.

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

The SEBB Diabetes Prevention Program powered by Omada is available to members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program. Learn more at [hca.wa.gov/sebb-diabetes](https://hca.wa.gov/sebb-diabetes).

