

“I don’t have time...” (says almost everyone)

10 minutes of exercise can make all the difference.

Being busy can be stressful and most people will put exercise at the bottom of their to-do list. Luckily, starting an exercise habit doesn’t take much time. Exercising just 10 minutes a day can help your heart and mood.

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



Beat the excuses.

“I don’t have time...”

- ✓ You only need 10 minutes a day. On average, members engage in their exercise program 1 to 2 hours each week.

“I don’t know where to start...”

- ✓ Your coach has your back. They’ll point you in the right direction with an exercise plan tailored to fit your life.

“I don’t like the gym...”

- ✓ A gym can help but you can do a lot at home. We show you how to add more physical activity into your daily routines.

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Little by little my motivation began to increase as I saw the differences it was making. I felt more energy.”

—
OMADA MEMBER

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.



Check if you're eligible
omadahealth.com/wasebb