



**Health Care Authority**  
Public Employees Benefits Board

# Feeling under pressure?

The PEBB Program offers a diabetes prevention program powered by Omada that can help you press pause on stress and play to a healthier you.

→ [omadahealth.com/wapebb](https://omadahealth.com/wapebb)

*The PEBB diabetes prevention program is powered by Omada. Omada also offers a diabetes management program for PEBB members enrolled in Uniform Medical Plan (UMP) plans. To learn more about these programs, visit [hca.wa.gov/pebb-diabetes](https://hca.wa.gov/pebb-diabetes).*

