

“I don’t have time...”

(says almost everyone)

Ten minutes of exercise can make all the difference.

Being busy can make it so exercise is at the bottom of the “to do” list. But starting an exercise habit doesn’t have to take a lot of time. With just 10 minutes a day, you can improve your health.*

With the diabetes prevention program powered by Omada, you get a program that easily fits your life and helps you find ways, and time, to be more active.

The PEBB Program offers a diabetes prevention program powered by Omada®.

“I don’t have time...”

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

“I don’t know where to start...”

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

“I don’t like the gym...”

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

* Curley, Christopher. “10 Minutes of Home Exercise A Day Boosts Health.” Healthline, Healthline Media, 15 Feb. 2022.

Images used are not real members. Testimonials are based on members’ real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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.



“

...working a full-time very busy job can make it seem like I can’t do anything for myself.
Omada taught me I can.”

—
OMADA MEMBER



Check if you're eligible at
omadahealth.com/wapebb