



# Feel the joy of health this season

**The PEBB program offers a diabetes prevention program (DPP) powered by Omada.**

With the DPP, you are paired with a care team who can help make this a healthy holiday without missing out on the holiday fun. Below are some quick tips you can start using right away.

## Holiday health tips:



Try an ingredient swap. Use Greek yogurt instead of sour cream, or pureed bananas instead of regular sugar.



Go for a walk as a family or play a fun game indoors.



Take a warm bath or do some deep breathing for 1-2 minutes.



## You get\*:

- A dedicated care team with a health coach.
- A personalized care plan tailored to your lifestyle.
- A welcome kit with smart devices to easily track your progress 24/7\*.

**Check if you're eligible**

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

\* Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements. Images, including apps, do not reflect real members or information about a specific person.

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).