

Move more, feel better this summer

Small steps to stay active while soaking up the season

Summer is the perfect time to add a little extra movement to your routine. With a diabetes prevention program powered by Omada, you'll get personalized support to make small, meaningful changes that keep you feeling energized—without missing out on the fun.



Here are some ways to add movement into your summer plans

- + Walk or bike to nearby destinations instead of driving
- + Play a game of frisbee, pickleball, or beach volleyball with friends
- + Take a morning or evening walk to enjoy cooler temperatures

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



Check if you're eligible
omadahealth.com/wapebb

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I look forward to working out, I look forward to eating a more healthy diet. I'm more confident daily, I feel more relaxed and ready to tackle the day!

—
OMADA MEMBER

Certain features and smart devices are only available if you meet program and clinical eligibility requirements. The PEBB Program's diabetes prevention program powered by Omada is covered in full by your PEBB medical plan if you or your adult family members are at risk for type 2 diabetes.

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.