

Stay healthy on the go this summer

Learn simple ways to keep up
your healthy habits while
traveling.

Summer may be a time for travel, new experiences, and great food. But staying on top of your health goals doesn't have to take a backseat. With a diabetes prevention program powered by Omada, you get expert guidance and support to help you feel your best—no matter where your summer adventures take you.

Your Omada health coach is here to provide tips on managing stress, improving sleep, and making balanced meal choices, so you can enjoy your vacation without worry.



“

The timing of all the lessons has been perfect. Having a lesson that came up right before I traveled made me feel like what I learned was tailored for my life.”

—

OMADA MEMBER

Travel-friendly health tips

- + Pack healthy snacks like nuts, fruit, or low- sugar protein bars to avoid impulse eating
- + Choose grilled, baked, or steamed meal options when dining out
- + Stay hydrated by carrying a reusable water bottle and drinking regularly

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



Check if you're eligible

omadahealth.com/wapebb

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.