

# Beyond blood sugar: Embrace health with diabetes

Managing diabetes is about more than just monitoring numbers. The PEBB Program offers a diabetes management program powered by Omada with personalized support and expert guidance to help you lead a healthier, more balanced life.

## You get support with:

- **Personalized care plans:** Develop healthy routines that align with your lifestyle and preferences.
- **A dedicated team:** Connect with a health coach and specialist for guidance on nutrition, exercise, sleep and stress management.
- **Smart technology:** Utilize devices that automatically sync with the Omada app, keeping your care team informed and engaged.



## Program outcomes speak for themselves:

**2.0 pt**  
average reduction  
in A1C<sup>1</sup>

Members with an A1C equal to or above 8 percent saw a reduction in A1C after 12 months

**1.2 kg/m<sup>2</sup>**  
BMI reduction<sup>1</sup>

Members successfully maintained a BMI reduction after 12 months

**39.5 mg/dL**  
average reduction  
in total cholesterol<sup>2</sup>

Members with high cholesterol (TCHOL 200+) saw a reduction in total cholesterol

<sup>1</sup>Berthoumieux A, Linke S, Merry M, Megliola A, Juusola J, Napoleone J. Long-Term Results of a Digital Diabetes Self-Management and Education Support Program Among Adults With Type 2 Diabetes: A Retrospective Cohort Study. The Science of Diabetes Self-Management and Care. 2024;50(1):19-31. doi:10.1177/26350106231221456

<sup>2</sup>Wilson-Anumudu F, Quan R, Castro Sweet C, et al. Early Insights From a Digitally Enhanced Diabetes Self-Management Education and Support Program: Single-Arm Nonrandomized Trial. JMIR Diabetes. 2021;6(1):e25295.

\*Certain features and smart devices are only available 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 management program powered by Omada is available to PEBB UMP members. To learn about the diabetes management programs for Premera and Kaiser members, see <https://www.hca.wa.gov/pebb-diabetes>

Check if you're eligible



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