

Lower your risk for diabetes

One in three adults has prediabetes, yet 81 percent don't know it.¹

Prediabetes is a serious condition in which blood sugar levels are higher than normal, increasing the risk of developing type 2 diabetes, heart disease, and stroke.

With the diabetes prevention program powered by Omada®, you get one-on-one support to help you take control and reduce the risk of type 2 diabetes.

Risks for prediabetes

- ✓ **Being 45 years old or older.**
Risk increases as you age, but healthy habits can help.
- ✓ **Family history of type 2 diabetes.**
Knowing this can help you take preventive steps.
- Less physical activity.**
- ✓ Regular movement three times a week can go a long way toward lowering your risk.

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

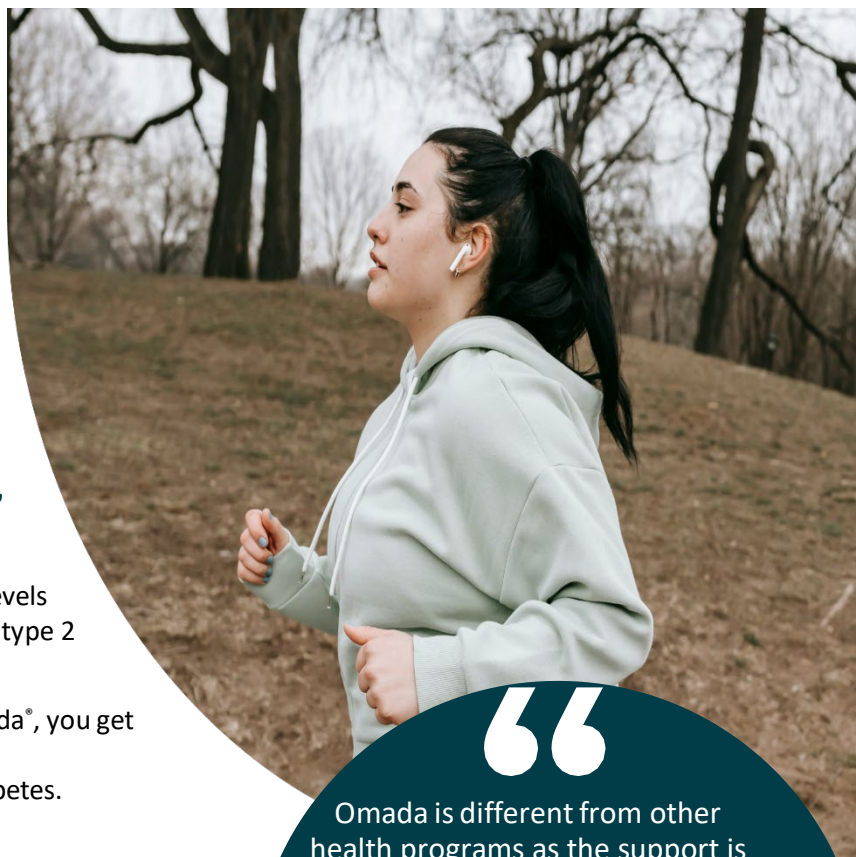
You get:

- A dedicated care team with a health coach.
- A personalized care plan tailored to your lifestyle.
- Smart devices and app to help monitor your progress 24/7.

¹ "Prediabetes Awareness Campaign." Centers for Disease Control and Prevention, U.S. Department of Health & Human Services, <https://www.cdc.gov/diabetes/awareness-campaigns/prediabetes-awareness-campaign.html>.

Images used are not real members. Testimonials are based on members' real experiences and individual results.

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. Visit hca.wa.gov/pebb-diabetes to learn more.



“

Omada is different from other health programs as the support is easily and readily available and the resources and groups are so easy to access and incorporate into your daily life and activities.”

— OMADA MEMBER



→ **Check if you're eligible**
Omadahealth.com/wapebb