

Feeling under pressure?

The impact of stress on mental health is no small matter.

In a world that's always on, it's time to hit pause on stress and play to a healthier you. The diabetes prevention program (DPP) powered by Omada is your partner in transforming stress into strength with dedicated support.

Here are some ways the DPP can help guide you towards a healthier, happier, and more balanced life:



Understanding stress: Learn how stress affects your body and mind, and identify the triggers that impact your mental health.



Mindful techniques: Guided sessions on meditation, deep-breathing exercises, and relaxation techniques help reset your stress response, fostering a calmer, more focused you.



Health coaching: Coaches work with you one-on-one to develop strategies for coping, resilience-building, and maintaining a positive outlook for better mental health.



“

Omada is a holistic approach. I have worked on fixing habits. I have learned to think about my eating habits, stress and activity levels...I am working to become the best version of me.”

—
OMADA MEMBER

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.
- A welcome kit with smart devices to easily track your progress 24/7*.



Check if you're eligible
omadahealth.com/wapebb

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Omada is available at no cost to you when covered by your employer or health plan. Images used are not real members. 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.