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HCA | Health Care Authority
Public Employees Benefits Board

Consistent habits can create lasting results

When you make significant changes to your diet, your metabolism slows down, gently nudging your body into "hunger mode," which can make it easier to fall back into old habits. The good news is that lasting success is within reach with a sustainable plan made for you. Here are some suggestions that can help:

1. **Adherence**
   Following a plan that's realistic and adaptable.
2. **Lifestyle alignment**
   Integrating healthy habits into daily routines.
3. **Caloric reduction**
   Gradually reducing calorie intake.
4. **Physical activity**
   Engaging in regular exercise for overall health.
5. **Support systems**
   Building a network for encouragement and accountability.

If you or your adult family members are at risk for type 2 diabetes, your PEBB medical plan will cover the entire cost of the program.

→ **Check if you're eligible**

omadahealth.com/wapebb

Images, including apps, do not reflect real members or information about a specific person.

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 https://www.hca. wa.gov/pebb-diabetes.