

Constant stress can negatively impact your long-term health. Overcome stress and help reduce your risk of type 2 diabetes one breath at a time.

Check if you're eligible:
omadahealth.com/wasebb

The SEBB Diabetes Prevention Program powered by Omada is available to members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program. Learn more at hca.wa.gov/sebb-diabetes.

