

Omada’s diabetes management program gives you a personal health coach and clinical specialist who are there every step of the way to help you take control of diabetes — so you can live your healthiest.

**Omada helps you build confidence for better health with our diabetes management program:**

* **A partner in health:** Your health coach helps you make easy lifestyle tweaks so you can get your blood sugar under control.
* **Your clinical expert:** Your specialist helps monitor your blood glucose. If it's too high or low they'll provide guidance to help you correct it.
* **A plan created just for you:** Your coach helps you build a plan to improve your overall health, tailored to your lifestyle and culture.
* **Results you've dreamed about:** You are 5x more likely to achieve your health goals with the support of your care team.\*

[Check if you’re eligible.](http://omadahealth.com/wasebb)

The SEBB diabetes management program powered by Omada is available to SEBB UMP members. To learn about the diabetes management programs for Premera and Kaiser members, see [Diabetes programs.](https://www.hca.wa.gov/sebb-diabetes)

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***Disclaimers***

*Omada program does not replace advice and guidance received from their doctor/health care provider.*

*\*Omada internal analysis, member population data 8/2020-3/2021, on our diabetes, prediabetes and hypertension programs.*

*App images are fictionalized samples and do not reflect information about a specific person.*

**Subject Line:** Live with diabetes? Ready for a change? Join Omada today.

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**Living with diabetes can be stressful.** Omada gives you a personal health coach and clinical specialist to help you balance your care with the rest of your life, so you can live to the fullest.



**With Omada, you'll get:**

* **One-on-one support** from a personal health coach
* **Easy monitoring** with glucose monitors, test strips and smart scale
* **Clinical guidance** from a certified diabetes specialist
* **Tools for managing stress** to ensure your mindset is healthy, too

**Omada can help you:**

* **Manage diabetes more easily**

- Through guidance from your health coach and certified diabetes specialist

- Blood glucose meter and ongoing supply of test strips and lancets

* **Maintain a healthy body**

- With one-on-one health coaching

- A smart scale to monitor progress\*

- Nutrition tips, ideas, and recipes

* **Improve your overall health**

- With personalized feedback

- Interactive lessons

- Support for your mental health

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\*Omada cohort study on the diabetes program, 2022; average results after 12-month follow-up for members with A1C equal to or above 8% at baseline; Actual member outcomes may vary based on individual and demographic factors.

†Sarah is a fictionalized member and app images are fictionalized samples created to illustrate an Omada experience.