



Do you know your risk for type 2 diabetes?

More than 80 percent of people with prediabetes don't know they have it.

The Diabetes Prevention Program powered by Omada can help you build healthy habits and reduce your risk for type 2 diabetes, one small change at a time.

If you already have diabetes, see what support your medical plan offers at hca.wa.gov/sebb-diabetes.

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

Get ahead of diabetes:

- ✓ Know your risk factors
- ✓ Speak with your health coach
- ✓ Make small changes for a healthier lifestyle

Risk factors for diabetes:

Age

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Your risk for type 2 diabetes increases as you age, but there are ways to prevent your chances of getting it.

Family history

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Family history matters. If your parents, brother, or sister have type 2 diabetes, you may be at risk.

Physical activity

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There's good news. You can prevent or delay the onset of type 2 diabetes by making simple lifestyle changes, like moving more.