



Health Care Authority
School Employees Benefits Board

Feeling under pressure?

The SEBB program offers a diabetes prevention program powered by Omada that can help you press pause on stress and play to a healthier you.

→ [Omadahealth.com/wasebb](https://omadahealth.com/wasebb)

The SEBB diabetes prevention program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or Uniform Medical Plan (UMP) plans. Premera Blue Cross members have a different program available. Omada also offers a diabetes management program for SEBB members enrolled in UMP. To learn more about these programs, visit hca.wa.gov/sebb-diabetes.

