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| **Subject Line:** You’re invited to the webinar: Understanding Prediabetes and Diabetes**couple walking through field****Body Copy:****Join Omada on November 13 at 3 p.m. (Pacific) for the “Understanding Prediabetes and Diabetes” webinar.**Build your knowledge about prediabetes and diabetes, including what they are and what the risk factors are, how common they are, and what their health impact is.If you’re facing prediabetes or type 2 diabetes, big lifestyle changes may be needed. But small changes can have the biggest impact. The PEBB Program offers diabetes programs powered by Omada that can help you improve blood sugar in small ways, while inspiring better health choices and confidence that can last a lifetime. That's big.[Register Today](https://event.on24.com/wcc/r/5055660/42D5AB0075D98B36687FBC449E158FD6)*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* [*Diabetes programs*](file:///C%3A%5CUsers%5Chuffa%5CDownloads%5Chca.wa.gov%5Csebb-diabetes)*.* |