

**Webinar**

Travel Healthy This Summer

with the SEBB diabetes prevention program powered by Omada

Do you have travel plans for the summer? If you do, chances are, you're in good company. For adults, summer is a time to take some sort of a trip.

Join us to learn tips to stay focused on your health goals — whether you're taking a flight somewhere, heading out on a road trip, or even planning to enjoy some extended time close to home.

**August 6****12pm (Pacific)** **Register today**

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.