

Beyond blood sugar: Embrace health with diabetes

Managing diabetes is about more than just monitoring numbers. The SEBB Program offers a diabetes management program powered by Omada with personalized support and expert guidance to help you lead a healthier, more balanced life.

You get support with:

- **Personalized care plans:** Develop healthy routines that align with your lifestyle and preferences.
- **A dedicated team:** Connect with a health coach and specialist for guidance on nutrition, exercise, sleep and stress management.
- **Smart technology:** Utilize devices that automatically sync with the Omada app, keeping your care team informed and engaged.



Program outcomes speak for themselves:

2.0 pt
average reduction
in A1C¹

Members with an A1C equal to or above 8 percent saw a reduction in A1C after 12 months

1.2 kg/m²
BMI reduction¹

Members successfully maintained a BMI reduction after 12 months

39.5 mg/dL
average reduction
in total cholesterol²

Members with high cholesterol (TCHOL 200+) saw a reduction in total cholesterol

¹Berthoumieux A, Linke S, Merry M, Megliola A, Juusola J, Napoleone J. Long-Term Results of a Digital Diabetes Self-Management and Education Support Program Among Adults With Type 2 Diabetes: A Retrospective Cohort Study. *The Science of Diabetes Self-Management and Care*. 2024;50(1):19-31. doi:10.1177/26350106231221456

²Wilson-Anumudu F, Quan R, Castro Sweet C, et al. Early Insights From a Digitally Enhanced Diabetes Self-Management Education and Support Program: Single-Arm Nonrandomized Trial. *JMIR Diabetes*. 2021;6(1):e25295.

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

Images, including apps, do not reflect real members or information about a specific person.

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 <https://www.hca.wa.gov/sebb-diabetes>

Check if you're eligible

→ omadahealth.com/wasebb