



Build healthy habits that last

We're introducing a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that's around eating, activity, sleep, or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

- **Eat healthier**
Learn the fundamentals of making smart food choices.
- **Increase activity**
Discover easy ways to move more and boost your energy.
- **Overcome challenges**
Gain skills that allow you to break barriers to change.
- **Strengthen habits**
Zero in on what works for you, and find lasting motivation.
- **Stay healthy for life**
Continue to set and reach your goals with strategies and support.

More great news:

If you or your eligible adult family members are at risk for type 2 diabetes, your PEBB medical plan will cover the entire cost of the program.

Take a 1-minute risk screener to see if you're eligible:

omadahealth.com/wapebb or text **dpp** to **444999**

You'll get your own:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants

