

# A refreshing take on health

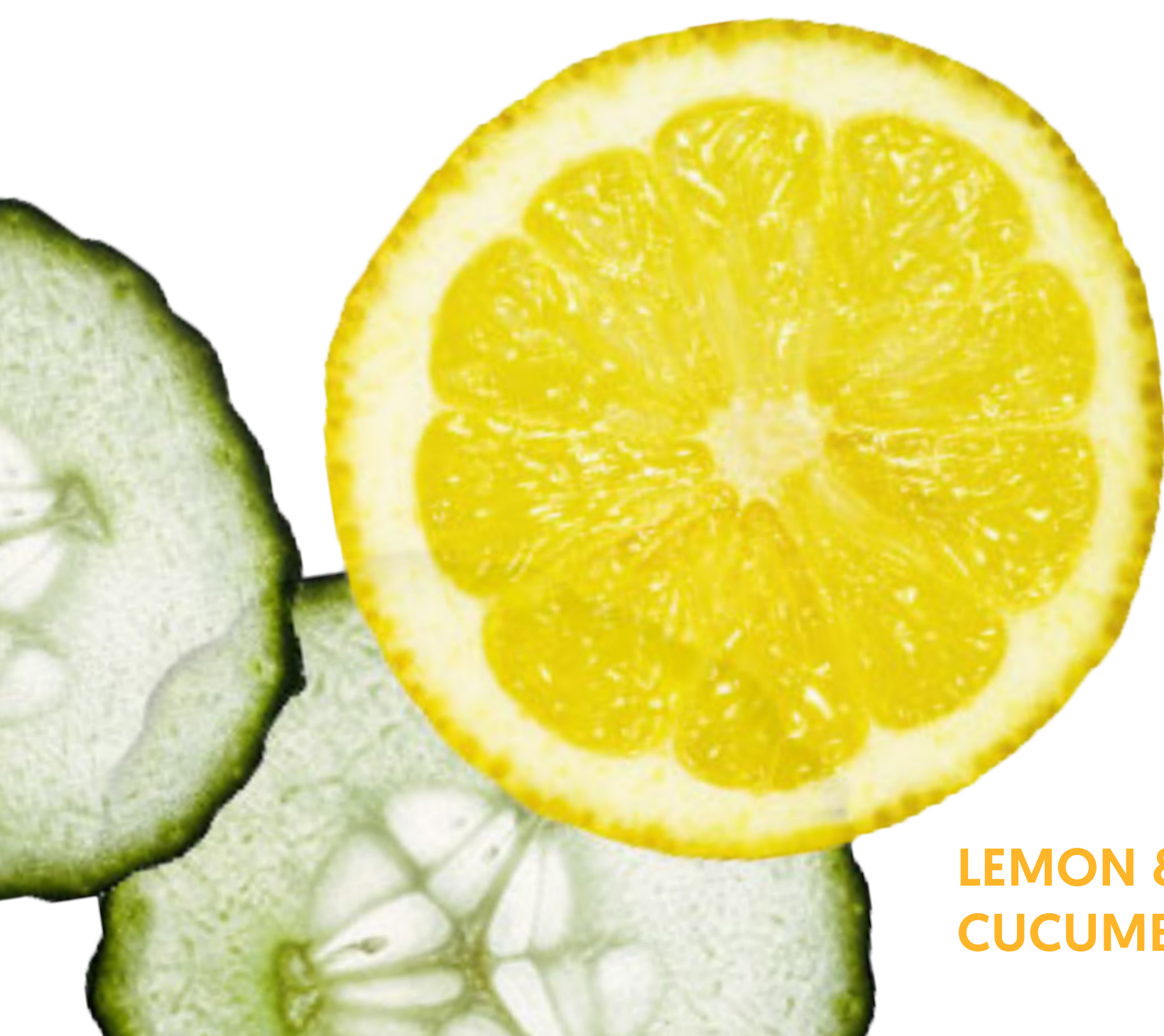
**The Diabetes Prevention Program powered by Omada® is different than anything you've tried before.**

This breakthrough online program includes a health coach, weekly lessons, supportive peer group and more to help you develop better habits that actually stick. Like drinking more water.

**Quick fix:** Just grab a palmful of fruit, veggie slices, and/or herbs and drop it into your pitcher. Here are a few of our favorite combos.



**MINT, KIWI & GRAPEFRUIT**



**LEMON & CUCUMBER**



**BLUEBERRIES, CUCUMBER & BASIL**

## Ready to make health a habit?

This program can help you lose weight, feel fantastic, and combat obesity-related chronic diseases—all at no cost to you.

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](https://omadahealth.com/wapebb) or text **dpp** to **444999**

