

# Set and reach your health goals

with tiny, totally doable steps

Introducing a personalized health program designed to help you make gradual changes to the way you eat, move, sleep, and manage stress—4 lifestyle behaviors that can have a direct impact on your weight and health.

- **Eat healthier**

Learn how to enjoy every meal, no deprivation required.

- **Move more**

Get motivation to start a “no pain, all gain” fitness routine.

- **Sleep better**

See how being able to sleep well is like having a superpower.

- **Manage stress**

Navigate tough times like a pro with strategies that truly work.

**More great news:**

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

**You'll get your own:**



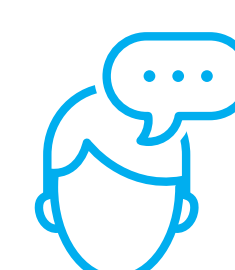
Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants

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

[omadahealth.com/wasebb](https://omadahealth.com/wasebb)

or text **sebb** to **444999**

