

Introducing a breakthrough online program that  
inspires healthy habits you can live with long-term.

# Games that stick

Each week, you'll learn simple rules for better eating,  
fitness, sleep, and stress management that will have an  
immediate impact on the choices you make.



Lite Microwave  
Popcorn

An illustration of a white microwave oven on a green and white striped surface, with several green popcorn bags in front of it.

CHOOSE

OR

Lightly-Salted  
Air-Popped Popcorn

An illustration of a red and yellow striped bag of popcorn with a dark blue banner across the middle.

CHOOSE

## You'll get your own:

Wireless smart scale + digital pedometer    Full-time health coach    Interactive weekly lessons    Program that adapts to you    Online peer group for support

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.

Don't wait to grab your spot!

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



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