

A refreshing take on health

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

This digital lifestyle change program includes a health coach, weekly lessons, supportive community 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



BLUEBERRIES,
CUCUMBER & BASIL



LEMON &
CUCUMBER



Ready to make health a habit?

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**

