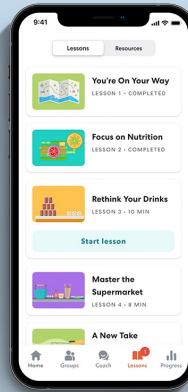


Get healthy your way



Create lasting change with the Diabetes Prevention Program powered by Omada®. **All at no cost to you.**

What you'll get with Omada:

- ✓ A plan built around you.
- ✓ Dedicated health coach.
- ✓ Wireless smart scale.
- ✓ Interactive weekly lessons.

Do what works for you

Find healthy habits and routines that work for you.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

The best part?

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

It only takes a few minutes to see if you're eligible and get started:

omadahealth.com/wasebb

The SEBB Diabetes Prevention Program is powered by Omada. It's available to SEBB members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program available. Visit hca.wa.gov/sebb-dpp to learn more.