

# PEBB employees have lost more than 21,768 lbs. What do you have to lose?

Over 2,973 PEBB employees have already joined the Diabetes Prevention Program powered by Omada®. Together, they've lost more than 21,768 pounds—but that's just the beginning.

—  
“In the bathroom, in the morning, **when I stepped on the scale and saw a number I had not seen in over 30 years** and looking in the mirror and seeing that I was not leading with my stomach. Almost instantly I received a message from **my coach who was as excited as I was.**”

-Kathy, Vancouver, WA

“As I started this program, I thought I knew a lot about weight loss. By the end of the program, **I was amazed at what I learned and how I changed** my thinking about how to take care of myself.”

-Omada Participant, Centralia, WA

**See for yourself how this lifestyle change program can help you lose weight and gain healthy habits that last—all at no cost, if you're eligible.**

Apply today:

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