

A refreshing take on health

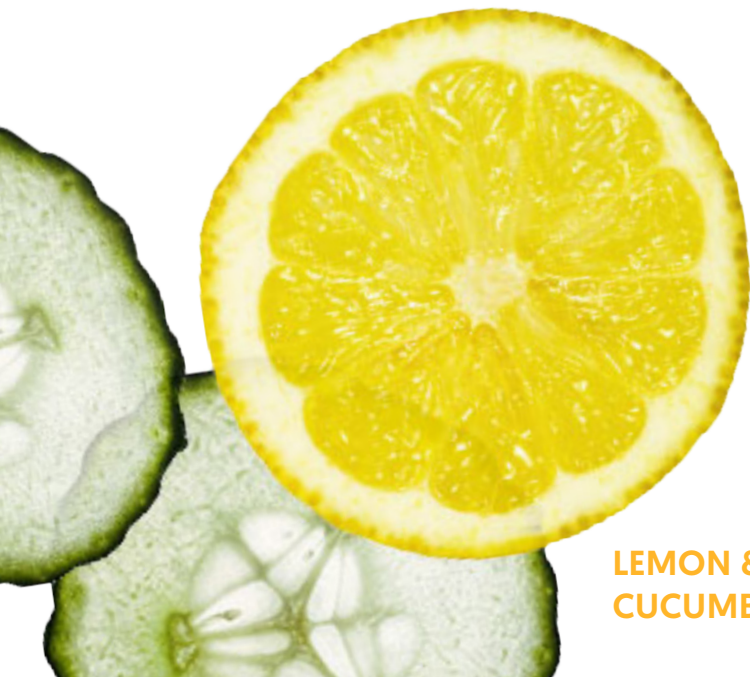
The Diabetes Prevention Program
powered by Omada® is different than
anything you’ve tried before.

This breakthrough online program includes a health coach, weekly lessons, supportive peer group 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



LEMON &
CUCUMBER



BLUEBERRIES,
CUCUMBER & BASIL

Ready to make health a habit?

This program can help you lose weight, feel fantastic, and combat obesity-related chronic diseases—all at no cost to you.
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**