

A health coach on your side

Introducing a program that provides the support and accountability you need to build healthy habits that last. You'll be paired with a professional health coach who is trained to keep you on track—on your best days and your worst.

All at no cost to you.

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

You'll also get your own:



Personalized
online program



Interactive
lessons



Connected
scale



Supportive
peer group

Don't wait to grab your spot!

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

omadahealth.com/wasebb

or text **sebb** to **444999**

