

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**



10:41 AM Emily \checkmark

hort meditation apps.

something I can do.

strategies to control it?

a "Do It Later" list.

I love that, Emily. I've never tried

meditation but 5 minutes a day is

My to-do list is stressing me out! Any

Try labeling every task with an A, B, or C, based on importance. At the first sign of overload, move all of the Cs to

1 day ago

get it! Have you tried incorporating gular meditation into your day?
lick here to see a list of my favorite

