

Understanding Prediabetes and Diabetes

When it comes to protecting your health and helping prevent type two diabetes, big lifestyle changes may be needed. But small changes can have the biggest impact. That's where Omada comes in.

Omada is a virtual program that will help you improve blood sugar in small ways, while inspiring better health choices and confidence that can last a lifetime. That's big.



**Join us on Tuesday, November 19th
at 12pm (Pacific) for the Understanding
Prediabetes and Diabetes webinar.**

November is
National Diabetes
Awareness
Month

A health coach will help build your knowledge of prediabetes and diabetes, including:

- + What are they and what's their cause?
- + How common are they?
- + What is their health impact?
- + How can Omada help?

Join the webinar:
[Register today](#)