

# Travel healthy this summer

Summer is a time when many people are excited to break out of their routine and explore. But the excitement of travel can lead to stress, especially if trying to stay on track with health goals and preventing type 2 diabetes.

With the Diabetes Prevention Program powered by Omada®, you have a personal health coach at all times. Your coach can help you prepare for a trip and will stay in touch to help you enjoy your travels.



“

[Omada] truly guided how I ate, prepped me for the active days, and I still enjoyed myself...”

—  
OMADA MEMBER

## 3 tips for healthy summer travel:



### Pre-plan snacks

Pack a bag of healthy snacks every time you head out. This can help curb cravings, boost energy and save you money.



### Drink plenty of water

Bring a reusable water bottle with you. Refill it whenever you can to stay hydrated, avoid fatigue and get better sleep.



### Set goals to stay active:

Take 10 minutes a day to move your body. Swim in the hotel pool, go for a short walk, or use the stairs instead of the elevator.



Have fun on your trip! I'm here if you need me.

Take your health coach with you this summer.



Check if you're eligible

[omadahealth.com/wapebb](https://omadahealth.com/wapebb)

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

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

The PEBB Diabetes Prevention Program is powered by Omada. Learn more at [hca.wa.gov/prevent-diabetes](https://hca.wa.gov/prevent-diabetes).