

# Who needs New Year's when you've got summer?

**Improve your health and help prevent type 2 diabetes with healthy habits that fit your lifestyle.**

It's never too late to take small steps to be more active and help reduce your risk of type 2 diabetes. With this Diabetes Prevention Program powered by Omada®, you have a virtual care program that gives you a personal health coach to guide and motivate you. Step into summer with a fresh start.



## All in a day

This summer try these small, simple activities.

### Cool off in the shower.

The colder your shower, the more work your body is doing to heat itself. Every goosebump is a tiny muscle in action.

### Move at your workstation.

Make it a habit to stand up every 30 minutes to give your back, legs and arms a good stretch.



### Enjoy lunch outside.

Let natural daylight and fresh air help add Vitamin D, lower stress, and improve mood. Plus, your lunch may taste better.



### Add a few steps to each morning.

Morning walks can help clear your mind, lift your mood, improve flexibility and boost energy.

### Give your eyes and brain a screen break.

Try 20 minutes a day with no screen time and start "seeing" the health benefits.



### Skip the couch during TV time.

Sit on the floor. It opens up your hips and lets your knees work at different angles. Hard floor? Grab a pillow.



**Take the next small step and join a Diabetes Prevention Program powered by Omada.**

\*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, if eligible.

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



**Check if you're eligible**

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