

# Access a health program built just for you

The PEBB Program offers a diabetes prevention program powered by Omada to help you make long-lasting healthy lifestyle changes.

## Omada helps you



Keep track of your progress in the Omada app



Eat healthier without counting calories or cutting out your favorite foods.



Get up and move—yes, solo dance parties totally count.

## You'll have access to

- ✓ One-on-one support from a health coach.
- ✓ Easy monitoring with a smart scale.

## You'll receive a welcome kit

With easy-to-use devices, based on your needs, shipped to your door and yours to keep.

- ✓ Readings sync automatically.
- ✓ See how habit changes can impact your health over time.
- ✓ Get a personalized plan based on your progress.



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.