

# Blood glucose control and beyond

The PEBB Program offers a diabetes management program powered by Omada® to help you embrace a healthy lifestyle.

**Omada helps you create a clear path towards better diabetes management with:**

- ✓ **Personalized care plans:** Build healthy routines around what you love to do, and where you want the most support.
- ✓ **One-on-one support:** You'll be matched with a health coach who will provide guidance and education on food choices, exercise goals, and medication support based on glucose level readings.
- ✓ **Real-time monitoring:** Smart devices that automatically sync to the Omada app and delivered to your care team.

If you or your adult family members are living with diabetes and are enrolled in a Uniform Medical Plan (UMP) plan, your plan will cover the cost of the program. This may include a connected glucose meter with as many test strips as you need and a digital scale—all yours to keep. Call UMP Customer Service at 1-800-628-3481 (TRS: 711) for questions about the program eligibility requirements.

The PEBB diabetes management program powered by Omada is available to PEBB UMP members. To learn about the diabetes management programs for Premera and Kaiser members, see [Diabetes programs](#).

1 Berthoumieux A, Linke S, Merry M, Megliola A, Jusuola J, Napoleone J. Long-Term Results of a Digital Diabetes Self-Management and Education Support Program Among Adults With Type 2 Diabetes: A Retrospective Cohort Study. *The Science of Diabetes Self-Management and Care*. 2024;50(1):19-31. doi:10.1177/26350106231221456

2 Wilson-Anumudu F, Quan R, Castro Sweet C, et al. Early Insights From a Digitally Enhanced Diabetes Self-Management Education and Support Program: Single-Arm Nonrandomized Trial. *JMIR Diabetes*. 2021;6(1):e25295.

\* Certain features and smart devices are only available if you meet program and clinical eligibility requirements. Continuous glucose monitor sensors (CGMs) are only available if you qualify for the diabetes program. CGMs also require a prescription and a compatible smartphone. You will receive two (2) CGM sensors—one after you enroll and the other at the six month follow-up. Actual participant outcomes may vary based on individual and demographic factors.

Images, including apps, do not reflect real members or information about a specific person.



The results speak for themselves:

**2.0 pt**  
reduction in A1C

Members with an A1C equal to or above 8 percent saw a reduction in A1C after 12 months<sup>1</sup>

**1.2 kg/m<sup>2</sup>**  
BMI reduction

Members successfully maintained a BMI reduction after 12 months<sup>1</sup>

**39 mg/dL**  
reduction in total cholesterol

Members with high cholesterol (TCHOL 200+) saw a reduction in total cholesterol<sup>2</sup>

The program is covered by your medical plan if you're eligible.



Check if you're eligible at [omadahealth.com/wapebb](https://omadahealth.com/wapebb)