**A blue and black logo

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**EMAIL COPY  
BENEFITS EDUCATION 2025**

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Shape

AI-generated content may be incorrect.**Title/Subject Line:** **Get support with the diabetes prevention program**



A person in an orange shirt

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We are excited to offer the diabetes prevention program (DPP) powered by Omada® that helps you make realistic, long-term changes to your overall health and well-being.

You’ll receive the support of a personal health coach to guide you on your wellness journey. Gain confidence without the stress of trying to get healthy on your own.

**The DPP is an easy-to-follow program**

* **You do it on your own terms**

The DPP is an online program that fits your schedule and daily life—in the privacy of your home or on the go.

* **Focus on progress, not perfection**

Build healthy habits for long-term success, not quick fixes.

* **Personal support without judgment**

A health coach will help tailor the program to fit your needs—with positive encouragement to help you stay on track.

**You’ll receive a welcome kit\***

A smart scale shipped to your door and yours to keep.

**A black scale with a number on it

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* No setup or WiFi needed
* Automatically syncs to your private account
* See progress in real-time with the Omada app

[**Check to see if you’re eligible**](https://go.omadahealth.com/deployments/wapebb)

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

*The PEBB diabetes prevention program is powered by Omada. Omada also offers a diabetes management program for PEBB members enrolled in Uniform Medical Plan (UMP) plans. To learn more about these programs, visit* [***Diabetes Programs***](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-programs-pebb)**.**  
  
  
**Disclaimers**

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