

Overcome stress one breath at a time

Use deeper breathing to reduce stress and feel better.

Studies show that practicing deep, controlled breathing slows your heart rate and can calm your feelings to help reduce stress and depression. It even helps increase alertness, improves sleep, and boosts your immune system.

The PEBB Program offers a diabetes prevention program (DPP) powered by Omada®. The DPP gives you one-on-one support to help you improve your overall health.



“

My stress level has significantly decreased and I sleep better than I have in years.”

—
OMADA MEMBER

5 steps to deeper breathing:

- 1 Relax your body. Find somewhere to sit or lie down comfortably.
- 2 Close your eyes and inhale slowly through your nose. Feel your breath as it causes your belly to expand.
- 3 At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.
- 4 Focus on each breath as it goes in and out of your body.
- 5 If your attention wanders, that's ok. Bring the focus back to your next breath.

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. Omada also offers a diabetes management program for PEBB members enrolled in Uniform Medical Plan (UMP) plans. To learn more about these programs, visit hca.wa.gov/pebb-diabetes.



Check if you're eligible at
omadahealth.com/wapebb