

Take care of your heart and mind

Keeping your whole self healthy means looking after both your body and mind. Movement combined with healthy food habits can keep your heart healthy and improve your mental state.

Some tips to help you balance both heart and mind:

- + Aim for at least 30 minutes of **moderate activity** every day.
- + Eat a **heart-healthy diet** with plenty of fruits, vegetables, lean proteins, and whole grains.
- + Get enough **quality sleep** every night and practice **stress-reducing techniques** like deep breathing, meditation, or yoga.
- + Surround yourself with **supportive relationships**.
- + Choose to be **tobacco-free and limit alcohol** consumption.

The PEBB Program offers a diabetes prevention program powered by Omada®, if eligible.

You get:

- A dedicated care team with a health coach.
- Personalized care plan tailored to your lifestyle.
- A smart scale and app to easily track your progress 24/7.



“

The program helped me look at exercise as a tool for my mental health. It helped my stress levels and mood. Overall very grateful for Omada.”

—
OMADA MEMBER



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

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 [Diabetes programs](#)