

Who needs New Year's when you've got summer?

Improve your health and help prevent type 2 diabetes with healthy habits that fit your lifestyle.

It's never too late to take small steps to be more active and help reduce your risk of type 2 diabetes.

With this Diabetes Prevention Program powered by Omada®, you have a virtual care program that gives you a personal health coach to guide and motivate you. Step into summer with a fresh start.

If you already have diabetes, see what support your medical plan offers at hca.wa.gov/sebb-diabetes.



All in a day

This summer try these small, simple activities.

Cool off in the shower.

The colder your shower, the more work your body is doing to heat itself. Every goosebump is a tiny muscle in action.

Move at your workstation.

Make it a habit to stand up every 30 minutes to give your back, legs and arms a good stretch.

Give your eyes and brain a screen break.

Try 20 minutes a day with no screen time and start "seeing" the health benefits.

Enjoy lunch outside.


Let natural daylight and fresh air help add Vitamin D, lower stress, and improve mood. Plus, your lunch may taste better.

Add a few steps to each morning.

Morning walks can help clear your mind, lift your mood, improve flexibility and boost energy.

Skip the couch during TV time.

Sit on the floor. It opens up your hips and lets your knees work at different angles. Hard floor? Grab a pillow.

 Take the next small step and join a Diabetes Prevention Program powered by Omada.

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

The SEBB Diabetes Prevention Program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program available. Learn more at hca.wa.gov/sebb-diabetes.

 **Check if you're eligible**
omadahealth.com/wasebb