

Access a health program built just for you

The SEBB Program offers a diabetes prevention program powered by Omada to help you make long-lasting healthy lifestyle changes.

Omada helps you



Keep track of your progress in the Omada app after each use



Eat healthier without counting calories or cutting out favorite foods



Get up and move—yes, solo dance parties totally count

Join Omada for access to

- ✓ One-on-one support from a health coach.
- ✓ Easy monitoring with a smart scale.

You'll receive a welcome kit

With easy-to-use devices, based on your needs, shipped to your door and yours to keep.

- ✓ Readings sync automatically.
- ✓ See how habit changes can impact your health over time.
- ✓ Get a personalized plan based on your progress.



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

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.

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

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. Omada also offers a diabetes management program for SEBB members enrolled in UMP. To learn more about these programs, visit hca.wa.gov/sebb-diabetes.