

A healthier heart means a happier you

The Diabetes Prevention Program powered by Omada is here to help prevent type 2 diabetes and heart disease.

Join over 1 million people who've enrolled. This virtual care program is designed to help build healthy habits, help reduce the risk of type 2 diabetes, and improve overall health. It can also help reduce the risk of heart disease, a leading cause of death in the U.S., according to the Centers for Disease Control and Prevention.

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



Get personalized diabetes prevention support from anywhere

Help your heart through doable, daily changes that stick.

- **Dedicated care team:**
One-on-one support from anywhere
- **Flexible wellness plan:**
Personalized advice and lessons tailored to your lifestyle
- **Tools for reducing stress:**
To ensure your mindset is healthy too

*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 you're 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.

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It's such a fantastic program to help individuals gain health, confidence and happiness...”

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OMADA MEMBER

Check if you're eligible
omadahealth.com/wasebb