

# Every 23 seconds, someone is diagnosed with diabetes.

## Manage your diabetes and prevent diabetes complications.

If living with diabetes, lifestyle changes may be needed. Small changes have the biggest impact.

The Diabetes Management Program powered by Omada is a virtual program that will help you manage your blood sugar in small ways, while giving you the tools to make better health choices.

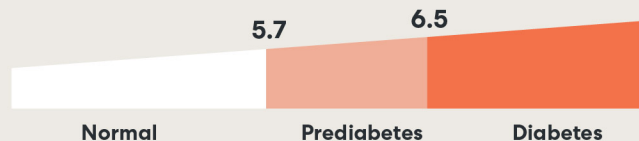


## Big things happen with small changes.

↓ Reduce **A1C** by 1 pt ↓

### Reduce elevated A1c and diabetes complications such as:

- Stroke by 12%
- Heart Failure by 16%
- Amputation by 43%
- Death from diabetes by 21%



### What is A1c?

The A1c test is a simple blood test that measures average blood sugar levels over the past 3 months.

- **Prediabetes:** A1c level of 5.7% to 6.4%
- **Diabetes:** A1c level of 6.5% or higher

(Source: CDC)

The SEBB Diabetes Management Program powered by Omada is available to SEBB UMP members. To learn about the diabetes management programs for Premera and Kaiser members, see [hca.wa.gov/sebb-diabetes](http://hca.wa.gov/sebb-diabetes).



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[omadahealth.com/wasebb](http://omadahealth.com/wasebb)