

Understanding Prediabetes and Diabetes

When it comes to protecting your health and helping type 2 diabetes, big lifestyle changes may be needed. But small changes can have the biggest impact. That's where Omada comes in.

Omada is a virtual program that will help you improve blood sugar in small ways, while inspiring better health choices and confidence that can last a lifetime. That's big.



**Join us on Tuesday, November 19th
at 12pm (Pacific) for the Understanding
Prediabetes and Diabetes webinar.**

November is
National Diabetes
Awareness
Month

An Omada health coach will help build your knowledge of prediabetes and diabetes, including:

- + What are they and what's their cause?
- + How common are they?
- + What is their health impact?
- + How can Omada help?

**Join the webinar:
[Register today](#)**

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. See hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb. Omada also offers a diabetes management program for SEBB UMP members. To learn more about the diabetes management programs for Premera and Kaiser members, see hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb#already-have-diabetes