

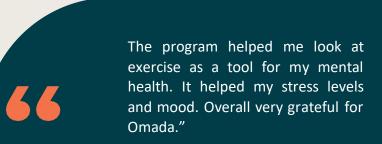


Take care of your heart and mind

Keeping your whole self healthy means looking after both your body and mind. Movement combined with healthy food habits can keep your heart healthy and improve your mental state.

Some tips to help you balance both heart and mind:

- + Aim for at least 30 minutes of **moderate activity** every day.
- + Eat a **heart-healthy diet** with plenty of fruits, vegetables, lean proteins, and whole grains.
- + Get enough quality sleep every night and practice stress-reducing techniques like deep breathing, meditation, or yoga.
- + Surround yourself with supportive relationships.
- + Choose to be **tobacco-free and limit alcohol** consumption.



OMADA MEMBER

The SEBB program offers a diabetes prevention program powered by Omada[®], if eligible.

You get:

- A dedicated care team with a health coach.
- Personalized care plan tailored to each member's lifestyle.
- Smart scale and app to easily track your progress 24/7.

→ Check if you're eligible at omadahealth.com/wasebb

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