



Omada has helped more than **1,800** SEBB members in their journey to better health.

# 3 positive food mantras for the holidays

Enjoy your holiday favorites. The holidays often mean rich, delicious meals and treats. You'll feel good about eating and feel even better about yourself with these positive food messages.

## "I'm satisfying myself, not others."

Try not to let the cook's feelings control what or how much you eat, you alone get to decide. Enjoy the moment and let the cook know that you appreciate the meal (and them!)

## "What I eat on a daily basis matters most."

One or many big holiday meals won't undo all the progress you've made. Remind yourself what matters more is what you do the rest of the year, not these few days.

## "A snack before a big meal can be good for me."

No need to avoid snacking before a big meal to cut calories or "save" room. Eating a small, healthy snack can help satisfy cravings and help blood sugar so you don't eat too much later.

**A diabetes prevention program powered by Omada is here in time for the holidays and beyond.** Get personalized health support from anywhere, **if eligible.**



Dedicated care team with a health coach (yes, real people)



Personalized care plan tailored to each member's lifestyle



Smart devices to easily track your progress, 24/7



Tools to ensure a healthy mindset



**Check if you're eligible**  
[omadahealth.com/wasebb](https://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.

\* Certain features and smart devices are only available if you meet program and clinical eligibility requirements. 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. See [hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb](https://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](https://hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb#already-have-diabetes).