

# **Pressing Pause: Reducing Stress** for Better Health webinar

# April 15 at 3:30pm (Pacific)

Join an Omada health coach to improve your quality of life and lower stress levels on a day-to-day basis.

# **Register Here**

## 5 steps to deep breathing: 👗

### Step 1

Relax your body. Find somewhere to sit or lie down comfortably.

#### Step 2

Close your eyes and breathe in slowly through your nose. Feel your breath as it flows in and causes your belly to expand.

#### Step 3

At the end of your breath in, pause for a few seconds, then exhale fully through your mouth.

# Step 4

It's all about focus. Pay close attention to your breath as it goes in and out of your body.

# ✓ Relax your body

better today:

- ✓ Start your breathing
- ✓ Enjoy a healthier happier you!

#### Step 5

Your attention will wander – that's fine - just bring your focus back to your breathing.

The SEBB diabetes prevention program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or Uniform Medical Plan (UMP) plans. Premera Blue Cross members have a different program available. Omada also offers a diabetes management program for SEBB members enrolled in UMP. To learn more about these programs, visit hca.wa.gov/sebb-diabetes.

