



## Upcoming webinar!

### Learn about diabetes and how to reduce your risk

Diabetes affects over 34 million Americans, or 1 in 10 of us. The good news is that you can help prevent Type 2 diabetes through small, healthy lifestyle changes. Join us for an interactive presentation where we will discuss:

- What are prediabetes and Type 2 diabetes?
- How do chronic diseases affect my heart?
- How do I know if I'm at risk?
- What can I do right now to start building heart-healthy habits?
- Common questions around diabetes and prediabetes.

Join the Omada team for an educational webinar on **December 13th, noon to 1 p.m. (Pacific)**. Register at [hca.wa.gov/sebb-dpp](https://hca.wa.gov/sebb-dpp).

Interested in learning more about Omada?

It only takes a few minutes to see if you're eligible and get started:

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

The SEBB Diabetes Prevention Program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or Uniform Medical Plans. Premera Blue Cross members have access to the Diabetes Prevention Program by Livongo. Visit [hca.wa.gov/sebb-dpp](https://hca.wa.gov/sebb-dpp) to learn more.