



Access a health program built just for you

PEBB is offering Omada® to help members lose weight and create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.

Join Omada for access to

- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale
- ✓ Online peer groups and communities.



Get Started
omadahealth.com/pebb



Omada helps members

- See smart scale readings in the Omada app after each use
- Eat healthier without counting calories or cutting out favorite foods
- Get up and move—yes, solo dance parties totally count

All eligible members receive a welcome kit*

With an easy-to-use smart scale, shipped to your door and yours to keep. All at no cost to you.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress

PEBB members who are covered by Kaiser Permanente may be eligible for the Omada program at \$0 member cost. Omada is available to members who are at risk for type 2 diabetes or heart disease and/or have a BMI over 25. Members must also be ages 18 years and older to participate.

*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.