



Know your risk for diabetes



More than 80% of people with prediabetes don't know they have it.

Omada is included in your complimentary health benefits to help you build healthy habits and reduce your risk for diabetes, one small change at a time.

Claim your benefit:*
omadahealth.com/pgcg



Get ahead of diabetes:

- ✓ Know your risk factors
- ✓ Speak with your health coach
- ✓ Make small changes for a healthier lifestyle

Risk factors for diabetes:

Are you 45 years or older?

Your risk for diabetes increases as you age, but there are steps you can take to prevent it.

Is type 2 diabetes in your family?

Family history matters. If your parents, brother, or sister have diabetes, you may be at risk.

Physically active less than 3 times a week?

There's good news. You can prevent or delay the onset of type 2 diabetes by making simple lifestyle changes, like moving more.

*If covered by your employer or health plan: Omada for Prevention, Diabetes or Hypertension is available at no cost to you, and Omada for Joint & Muscle Health is subject to deductibles, copays and co-insurance as decided by your health plan. Some of the program features described in this email are specific to certain Omada programs. Certain connected devices provided by Omada as a part of an Omada program are only available to members who meet certain program and clinical eligibility.

