

**Did you know?** You may be eligible for Omada at no additional cost



## **WEEK 4**

### **Pass the H2O.**

Drinks are a major source of empty calories in the American diet. That's why water always wins out. Drinking water can actually make weight loss easier. Thirst is easily mistaken for hunger, so staying hydrated can keep you out of the kitchen.

**This week, challenge yourself to stay hydrated by drinking more water.**

You may already love plain old H2O. If not, it's easy to give water some satisfying flavor. Here are 4 ways to make water more appealing:

**1. Add some excitement.**

Grab a palmful of fruit (lemons, strawberries, grapefruit), veggie slices (cucumber, celery) and/or herbs (mint, basil, lavender) and drop it into your pitcher.

**2. Drink a glass before every meal.**

Water also takes up space in your stomach, leaving less room for food. One study found that people who drank a glass of water before each meal ate 75 fewer calories.

**3. Keep a pitcher handy.**

It's easier to drink up when the source is nearby. Keep a big jug or carafe at your desk as a constant reminder.

**4. Make it a treat.**

Having a cup of herbal tea or a big glass of sparkling water in the afternoon can seem like a special drink, when it's really just water with some added pizzazz.

### **Make health a habit with Omada.**

If you'd like help turning little changes like these into lifelong habits, check out the Omada program. Omada is available to employees and their adult family members who are at risk for type 2 diabetes, and enrolled in a SEGIP medical plan (at no cost to you). Get started at [omadahealth.com/segip](https://omadahealth.com/segip)