

Are you eligible? Find out if you can join Omada at no additional cost



WEEK 5 Know Your Risk.

Nearly 90% of people who have prediabetes don't know they have it. That's why it's a good idea to make a habit out of knowing your risk.

This week, challenge yourself to find out your risk.

Take a 1-minute quiz to see your results. <http://www.omadahealth.com/segip>

If you are at risk, there's good news. You can prevent or delay the onset of type 2 diabetes by making simple lifestyle changes, like moving more and eating better.

Even more good news: Omada Health can help. It's a breakthrough online program that inspires healthy habits you can live with long-term. And thanks to SEGIP, it's available to eligible employees and their adult family members who are enrolled in a SEGIP medical plan (at no cost to you).

Congratulations on completing the 5-week challenge! We hope that you take the momentum you've built over the week and keep it going all year—and beyond.