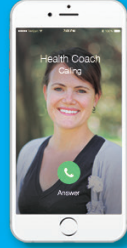


A whole new way to get healthy.



You'll receive the program at no additional cost (a \$650 value) if you or your adult dependents are enrolled in a CalPERS health plan offered through Kaiser Permanente, are at risk for type 2 diabetes, and are accepted into the program.

- PHASE 1** ● **EAT HEALTHIER**
Learn the fundamentals of making smart food choices.
- PHASE 2** ● **INCREASE ACTIVITY**
Discover easy ways to move more and boost your energy.
- PHASE 3** ● **OVERCOME CHALLENGES**
Gain skills that allow you to break barriers to change.
- PHASE 4** ● **STRENGTHEN HABITS**
Zero in on what works for you, and find lasting motivation.
- PHASE 5** ● **STAY HEALTHY FOR LIFE**
Get an additional eight months of tips, strategies and support.

YOU'LL GET YOUR OWN:



Professional health coach



Wireless smart scale



Online peer group for support



Program that adapts to you



Interactive weekly lessons



Digital pedometer

TAKE A 1-MINUTE HEALTH TEST TO SEE IF YOU'RE ELIGIBLE:

omadahealth.com/kpcalpers