



Wespath

BENEFITS | INVESTMENTS



Beginning **April 1**, 2019, Wespath is offering a new benefit to HealthFlex participants and enrolled spouses, the CDC-recommended Diabetes Prevention Program.

HealthFlex is providing two ways to participate

1

Online through Omada Health^{®*}, a partner of Quest Diagnostics[®] who provides Blueprint for Wellness[®]



2

OR Reimbursement up to \$500 per individual for participation in a **community-based, in-person DPP**



The **online** provider, Omada, is a digital lifestyle change program that inspires healthy habits that last. It combines the latest technology with ongoing support so you can make the changes that matter most—whether that’s around eating, activity, sleep, or stress.

The Omada program includes



An interactive program to guide your journey



A wireless smart scale to monitor your progress



Weekly online lessons to empower you



A professional health coach for added support



A small group of participants to keep you engaged

Visit omadahealth.com/wespath to take a short **risk test** and learn more about the online program.

For more information about reimbursement for a **community-based, in-person DPP**, call the Wespath Health Team at **1-800-851-2201** for details. You can also visit DoIHavePrediabetes.org to take a **risk test** and find a DPP class in your local community.

We are excited to offer this valuable new benefit for those at risk to develop diabetes!

HealthFlex well-being programs are voluntary.



The Centers for Disease Control (CDC) recommends the DPP because it has proven to be very effective in preventing or delaying type 2 diabetes.



Omada takes security and participant privacy very seriously, and provides its health care services under the same rules as other health care providers such as your doctor’s office. Read more about these rules in Omada’s **Privacy Policy and our **HIPAA Notice of Privacy Practices***