Subject line: New Health Benefit from Wespath

Hello everyone,

I’m pleased to share that beginning **April 1**, Wespathis offering a new benefit toHealthFlex participants and enrolled spouses, the CDC-recommended Diabetes Prevention Program (DPP).

Diabetes is a costly condition, both in terms of impact on daily life and financial costs. The good news is type 2 diabetes(most common form) is largely preventable, or can be well-managed to help prevent progression. The Centers for Disease Control (CDC) recommends the DPP because it has proven to be very effective in preventing or delaying type 2 diabetes.

HealthFlex is providing two ways to participate:
 - **online** through Omada Health ®, a partner of Quest Diagnostics ® who provides Blueprint for Wellness ®
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.

It 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

If you have been told you have type 2 diabetes (and are not taking insulin) or are at risk for type 2 diabetes or heart disease and you meet Omada’s eligibility criteria, HealthFlex will cover the entire cost of the program.
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 hope that if you are at risk, you will take advantage of this valuable new benefit!

\*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*](https://go.omadahealth.com/privacy)*.*