

Lower Your Risk for Diabetes

1 in 3 adults has prediabetes—yet 81% don't know it.¹

Prediabetes is a serious condition in which blood sugar levels are higher than normal, increasing the risk of developing type 2 diabetes, heart disease, and stroke.

With Omada®, you may have access to a program that provides proven, one-on-one support to help you take control and prevent type 2 diabetes.

Factors Increasing Your Risk for Prediabetes and Type 2 Diabetes:²

- ✔ **You are 45 years old or older.**
The older you are, the greater your risk.
- ✔ **Type 2 diabetes runs in your family.**
Having a parent or sibling with Type 2 diabetes increases your risk.
- ✔ **You are overweight.**
Being overweight and physically active less than 3 times a week are common risk factors

You may have access to Omada at \$0 cost to you, if eligible.

Omada members get:

- A dedicated care team with a personal health coach.
- A personalized care plan tailored to your lifestyle.
- Smart devices and app to help monitor your progress 24/7.

¹ "Prediabetes Awareness Campaign." Centers for Disease Control and Prevention, U.S. Department of Health & Human Services, <https://www.cdc.gov/diabetes/awareness-campaigns/prediabetes-awareness-campaign.html>.

² American Diabetes Association Type 2 Diabetes Risk Test. diabetes.org/diabetes/risk-test. Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.



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Omada is different from other health programs as the support is easily and readily available and the resources and groups are so easy to access and incorporate into your daily life and activities.”

—
KIM,
OMADA MEMBER



Apply today

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