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Benefits News

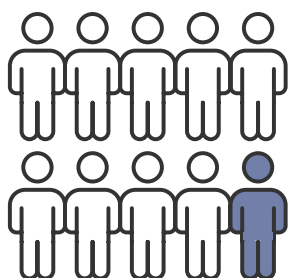


Diabetes Care and Support Through Your Medical Plan

This document is part of the PEBB November Newsletter, Diabetes Prevention and Care. To access other resources, visit the [News and Events](#) page.

According to the CDC, one in 10 Americans has diabetes. This means you probably know someone living with diabetes. Or maybe you're the person who's already been diagnosed. Even more shockingly, when prediabetes is included, more than one in three Americans have the condition.

Over the past few decades, diabetes has become very common in the U.S. However, we often underestimate how serious this chronic disease is.



**1 in 10
Americans
has diabetes**

Diabetes: The Numbers



**97.6 million
Americans**

have prediabetes
and are at risk for
developing Type 2
diabetes.



**7x more
likely**

that people with obesity
will develop type 2
diabetes, compared
to people at healthy
weights.



**2.6x more health
care costs**

are incurred by people
with diabetes than
those without diabetes.



Every 26 seconds

someone in the U.S. is diagnosed
with diabetes.



3x more spending

on insulin between 2012 and 2022.

Source: [American Diabetes Association](#)

Why Diabetes Management and Support Matter

- People with prediabetes have a higher risk of progressing to type 2 diabetes, which can lead to heart disease and stroke.
- Diabetes affects every major organ in the body.
- People with diabetes often develop major complications. These can include kidney failure, blindness, and nerve damage.
- Nerve damage caused by diabetes can often lead to the amputation. This could mean losing a toe, foot, or leg.
- Having diabetes can double the risk of depression. That risk increases as more diabetes-related health problems develop — all of which can sharply reduce quality of life.
- The costs associated with diabetes — both the human costs and economic costs — are staggering.

Programs to Support You

PEBB's medical plans offer programs and resources that are designed to help members manage diabetes. No matter which medical plan you choose, you have access to dedicated diabetes care and support. We want to help you be your happiest and healthiest.

Take advantage of the following programs and supporting resources. These are available through your medical plan if you or a covered dependent has diabetes.

For Providence Health members:

- Omada: Diabetes management and prevention program (ages 18+)
- Virta: Type 2 diabetes reversal treatment and weight loss program
- Diabetes education: Nutrition, diabetes, and health education services
- Care management: Personalized clinical support for ongoing health conditions, including diabetes

For Moda Health members:

- Teladoc (Livongo): Diabetes prevention program (ages 18+)
- Virta: Type 2 diabetes reversal treatment and weight loss program
- Nutrition therapy: Free if preventive, otherwise covered with standard cost sharing

For Kaiser Permanente members:

- Omada: Diabetes management and prevention program (ages 18+)
- Chronic condition support: Resources and programs for ongoing health conditions, including diabetes

