



REEP Wellness in June

The REEP Wellness program is available to Anthem Blue Cross and Kaiser Permanente medical plan members to support you in your journey to health. We encourage you to check out the REEP Wellness offerings available for June, open to all REEP members.

'Clean Living' Webinar from Anthem Employee Assistance Program (EAP)

- Thursday, June 15 | 4:30 - 5:30 pm PT
- Register [here](#)
- *When you attend the webinar, you will be entered into a drawing for a \$50 Amazon e-gift card!*

'Family Health' Webinar from Kaiser Permanente

- Monday, June 26 | 6:00 - 7:00 pm PT
- Register [here](#)

Omada Health Digital Lifestyle Change Program

- Omada Health is a digital lifestyle change program that focuses on pre-diabetes, prehypertension, diabetes, hypertension, and joint and muscle health. You can get access to a dedicated health coach and care team, weekly lessons, smart devices, and 24/7 support.
- To see if you qualify, take the 1-minute assessment [here](#)
- *All eligible members who apply will be entered into a monthly drawing for a chance to win a \$100 Amazon e-gift card.*

