****

**EMAIL COPY  
June “Global Employee Health and Fitness Month” Micro Campaign**

|  |
| --- |
| **Title/Subject line:**10 minutes of exercise can make all the difference  **Subtitle/Preheader:** Learn about the diabetes prevention program powered by Omada®.  **Body Copy:**  **A close-up of a person's face  Description automatically generated**  Being busy can make it so exercise is at the bottom of the “to do” list. But starting an exercise habit doesn’t take a lot of time. With just 10 minutes a day, you can improve your health.  **The PEBB Program offers a diabetes prevention program (DPP) powered by Omada to support you:**   * **“I don’t have time…”** Only 10 minutes a day can make a difference. On average,   members engage in their program 1-2 hours each week. * **“I don’t know where to start...”** Your health coach has your back. They’ll point you   in the right direction with a wellness plan tailored to fit your life. * **“I don’t like the gym…”** A gym can help but you can do a lot at home. The DPP   shows you how to add more physical activity into your daily routines.   [**Check if you’re eligible**](https://go.omadahealth.com/deployments/wapebb)  *If you or your adult family members are at risk for type 2 diabetes, your PEBB medical plan will cover the entire cost of the program.*  *The PEBB diabetes prevention program is powered by Omada. Omada also offers a diabetes management program for PEBB members enrolled in Uniform Medical Plan (UMP) plans. To learn more about these programs, visit* [*Diabetes programs*](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fhca.wa.gov%2FPebb-diabetes&data=05%7C02%7Caaron.huff%40hca.wa.gov%7C2d32a0597734454d8c2f08dd5d8e13a0%7C11d0e217264e400a8ba057dcc127d72d%7C0%7C0%7C638769586971440920%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ug3dnfFfG%2FFnY4gc1uPJkBA4mG5VPz4Saq%2Bl1hVVtSI%3D&reserved=0)*.* |