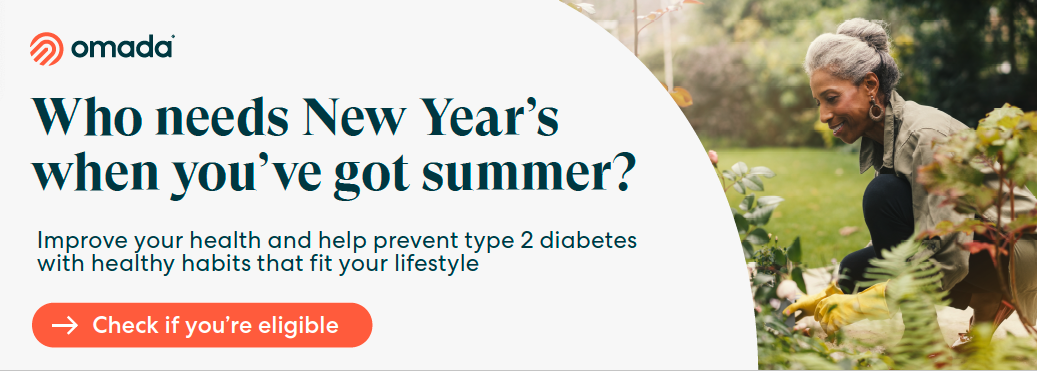
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We recommend sharing the **banner ad** (included below) and the below copy if you are looking to do an employee email or newsletter article.

**EMAIL COPY - “YOU’VE GOT SUMMER”**

**Title/Subject Line:** Who needs New Year’s when you’ve got summer?

**Subtitle/Preheader:** Improve your health and help prevent type 2 diabetes with healthy habits that fit your lifestyle



It’s never too late to take small steps to be more active, improve your health, and help prevent type 2 diabetes.

With the Diabetes Prevention Program powered by Omada, you have a virtual care program that gives you a personal health coach to guide and motivate you. Step into summer with a fresh start.

**All in a day**  
This summer try these small, simple activities.

* **Cool off in the shower.** The colder your shower, the more work your body is doing to heat itself. Every goosebump is a tiny muscle in action.
* **Move at your workstation.** Make it a habit to stand up every 30 minutes to give your back, legs, and arms a good stretch.
* **Add a few steps to each morning.** Morning walks can help clear your mind, lift your mood, improve flexibility, and boost energy.
* **Give your eyes and brain a screen break.** Try 20 minutes a day with no screen time and start “seeing” the health benefits.
* **Enjoy lunch outside.** Let natural daylight and fresh air help boost your body’s level of vitamin D, lower stress, and improve mood. Plus, your lunch may taste better.
* **Skip the couch or lounger during TV time.** Sit on the floor. It opens up your hips and lets your knees work at different angles. Hard floor? Grab a pillow.

[**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. Visit* [*Diabetes prevention*](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-prevention-pebb) *to learn more.​*