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**EMAIL COPY  
April “Stress Awareness Month” Micro Campaign**

These copy blurbs are useful for employee emails, employee newsletters, social media channels and other company channels. The copy is also useful if introducing and supplementing the flier.

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| **Title/Subject line: Overcome stress one breath at a time.**  **Subtitle/Preheader:** Learn about the diabetes prevention program powered by Omada®.  **Body Copy:**    **Use deeper breathing to reduce stress and feel better.**  Studies show that practicing deep, controlled breathing slows your heart rate and can calm your feelings to help reduce stress and depression. It even helps increase alertness, improve sleep, and boost your immune system. With the diabetes prevention program (DPP) powered by Omada®, you will get one-on-one support to help you improve your overall health.  **5 steps to deeper breathing:**  1. Relax your body. Find somewhere to sit or lie down comfortably.  2. Close your eyes and inhale slowly through your nose. Feel your breath as it causes your   belly to expand.  3. At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.  4. Focus on each breath as it goes in and out of your body.  5. If your attention wanders, that’s ok. Bring the focus back to your next breath.  [**Check to see 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 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)*.*

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