

**Omada logo**

**EMAIL COPY  
December Holiday “3 Food Mantras” Micro Campaign**

The copy below is useful for employee emails, employee newsletters, and other company channels. The copy is also useful if introducing and supplementing the flyer and/or banner.

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| **Title/Subject Line:** Get personalized health support this holiday season  **Subtitle/Preheader:** A diabetes prevention program powered by Omada® is here in time for the holidays and beyond.  **Body copy:**  **Image of family at dinner table. A man is serving a baked turkey to a happy family.**  Enjoy your holiday favorites without feeling bad. The holidays often mean rich, delicious meals and treats. Skip feeling bad this year with the help of these positive food messages and a diabetes prevention program powered by Omada. You'll feel good about eating and feel even better about yourself.  ***“I’m satisfying myself, not others.”***  Try not to let the cook’s feelings control how much you eat. Enjoy the moment and let the cook know that you appreciate the meal (and them!).  ***“What I eat on a daily basis matters most.”***  Remind yourself that what matters is what you do the rest of the year, not these few days during the holidays.  ***“A snack before a big meal can be good for me.”***  Don’t avoid eating before a big meal to cut calories and “save” room. Eating a small, healthy snack earlier in the day can help satisfy cravings.  **Thanks to PEBB,** a diabetes prevention program powered by Omadais here in time for the holidays and beyond.Get personalized health support from anywhere, if eligible.  [Check if you’re eligible](file:///C:\Users\Helslh107\Downloads\omadahealth.com\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.* |