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May “Mental Health Month” Micro Campaign**

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| **Title/Subject Line: Take care of your heart and mind**  **Subtitle/Preheader:** Learn about the diabetes prevention program powered by Omada®.  **Body Copy:**    Keeping your whole self healthy means looking after both your body and mind. Movement combined with healthy food habits can keep your heart healthy and improve your mental state.  **Some tips to help you balance both heart and mind:**   * Aim for at least 30 minutes of **moderate activity** every day. * Eat a **heart-healthy diet** with plenty of fruits, vegetables, lean proteins, and whole grains. * Get enough **quality sleep** every night and practice **stress-reducing techniques** like deep breathing, meditation, or yoga. * Surround yourself with **supportive relationships**. * Choose to be **tobacco-free and limit alcohol** consumption.   **[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)*.* |