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 **Pressing Pause: Reducing Stress for Better Health**

The copy below is useful for introducing the webinar for the PEBB population

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| **Women sitting on the floor stretching*****Subject Line:*** *Pressing Pause: Reducing Stress for Better Health webinar****Body Copy:******Join us on April 15 at 3:30 p.m. (Pacific) for the Pressing Pause: Reducing Stress for Better Health webinar.***Now more than ever it is important to take the time to slow down and reduce stress. Join an Omada health coach to learn about how you can improve your quality of life and lower stress levels on a day-to-day basis. If facing prediabetes or type 2 diabetes, big lifestyle changes may be needed, but small changes can have the biggest impact. That’s where the diabetes prevention program powered by Omada comes in. The DPP is a virtual program that will help you improve blood sugar in small ways, while inspiring better health choices and confidence that can last a lifetime. That's big.[**Register today**](https://event.on24.com/wcc/r/4874453/78B861441C6F9379EA0AE7A988A65050)*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%7Cf6d140cf686d4469fcf608dd5d0fcc14%7C11d0e217264e400a8ba057dcc127d72d%7C0%7C0%7C638769044605356540%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=4CDyce1UuSlk68NWD8T4sS%2FzD5VkxjysA0H9ECtyAj8%3D&reserved=0)*.* |