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**EMAIL COPY - “I DON’T HAVE TIME” (Global Employee Health / Fitness)**

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| **Title/Subject Line:** “I don’t have time” (says almost everyone)  **Subtitle/Preheader:** Just 10 minutes of exercise can make all the difference. Get support through the Diabetes Prevention Program powered by Omada. |
| A person holding a phone  Description automatically generated  Being busy can be stressful and most people will put exercise at the bottom of their to-do list. Luckily, starting an exercise habit doesn’t take much time. Exercising just 10 minutes a day can help your heart, health, and mood, and it can help prevent type 2 diabetes. [If you already have diabetes, see what support your medical plan offers.](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb)  With the Diabetes Prevention Program powered by Omada, you get a program that easily fits your life and helps you find ways – and time – to be more active.  **Beat the excuses.**   * **“I don’t have time...”** You only need 10 minutes a day. On average, Omada members engage in their exercise program 1 to 2 hours each week. * **“I don’t know where to start...”** Your coach has your back. They’ll point you in the right direction with an exercise plan tailored to fit your life. * **“I don’t like the gym...”** A gym can help but you can do a lot at home. We’ll show you how to add more physical activity into your daily routines.   From an Omada member: “*Little by little my motivation began to increase as I saw the differences it was making.*  *I felt more energy.”*  [**Check if you’re eligible**](https://omadahealth.com/wasebb)  The SEBB Diabetes Prevention Program powered by Omada is available to members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program.  Learn more at [Diabetes programs.](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-prevention-sebb) |