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We recommend sharing the **banner ad** (included below) and the below copy if you are looking to do an employee email or newsletter article.

**EMAIL COPY – It’s World Heart Day**

**Title/Subject Line:** It’s World Heart Day

**Subtitle/Preheader:** The Diabetes Prevention Program powered by Omada is here to help prevent type 2 diabetes and heart disease.



Join over 1 million people who’ve enrolled in the Diabetes Prevention Program powered by Omada. It’s a virtual care program designed to help build healthy habits, help prevent type 2 diabetes, and improve overall health. It can also help reduce the risk of heart disease, a leading cause of death in the U.S., according to the Centers for Disease Control and Prevention.

**Get personalized diabetes prevention support from anywhere.**

Help your heart through doable, daily changes that stick.

**• Dedicated care team:** One-on-one support from anywhere

**• Flexible wellness plan:** Personalized advice and lessons tailored to your lifestyle

**• Tools for reducing stress:** To ensure your mindset is healthy too

[**Check if you’re eligible**](http://omadahealth.com/wasebb)

\* If you or your adult family members are at risk for type 2 diabetes, your SEBB medical plan will cover the entire cost of the program.

*The SEBB Diabetes Prevention Program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program available. Visit* [*Diabetes programs*](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb) *to learn more.*