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June “Global Employee Health and Fitness Month” Micro Campaign**

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| **Title/Subject line:**10 minutes of exercise can make all the difference.  **Subtitle/Preheader:** Learn about the diabetes prevention program powered by Omada®.  **Body Copy:**  **A close-up of a person's face  Description automatically generated**  Being busy can make it so exercise is at the bottom of the “to do” list. But starting an exercise habit doesn’t take a lot of time. With just 10 minutes a day, you can improve your health.  **The PEBB program offers a diabetes prevention program powered by Omada to support you:**   * **“I don’t have time…”** Only 10 minutes a day can make a difference. On average,   members engage in their program 1-2 hours each week. * **“I don’t know where to start...”** Your health coach has your back. They’ll point you   in the right direction with a wellness plan tailored to fit your life. * **“I don’t like the gym…”** A gym can help but you can do a lot at home. The DPP   shows you how to add more physical activity into your daily routines.   [**Check if you’re eligible**](https://go.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 Uniform Medical Plan (UMP) plans. Premera Blue Cross members have a different program available. Omada also offers a diabetes management program for SEBB members enrolled in UMP. To learn more about these programs, visit* [*Diabetes Programs*](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fhca.wa.gov%2Fsebb-diabetes&data=05%7C02%7Caaron.huff%40hca.wa.gov%7C2d32a0597734454d8c2f08dd5d8e13a0%7C11d0e217264e400a8ba057dcc127d72d%7C0%7C0%7C638769586971428173%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=WwDDjA4JJUHV%2Bq0nG3V%2B3XUqoYYrqX9uT9W%2BKiOmcBg%3D&reserved=0)*.* |