

**Omada logo**

**EMAIL COPY - SEBB  
Understanding Prediabetes & Diabetes Webinar**

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

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| **Subject Line:** You’re Invited to a Webinar with Omada: Understanding Prediabetes and Diabetes  **Body Copy:**  **Image of family smiling with little girl on man's shoulders.**  **Join Omada on November 19th at 12pm (Pacific) for an Understanding Prediabetes and Diabetes webinar.**  An Omada health coach will help build your knowledge about prediabetes and diabetes, including what they are, what the risk factors are, how common they are, what their health impact is, and how Omada can help.  If facing prediabetes or type 2 diabetes, big lifestyle changes may be needed. But small changes can have the biggest impact. That’s where Omada comes in. Omada 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/4707261/D5498AA0846D0C38B5D3ECFC696FE7FA)  *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 their own program. See* [***diabetes prevention***](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb) *to learn more.  Omada also offers a diabetes management program for SEBB UMP members.  To learn about the diabetes management programs for Premera and Kaiser members, see* [***What if I already have diabetes?***](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb#already-have-diabetes) |