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

The copy below is useful for introducing the webinar for the SEBB 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 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)*.* |