**Diabetes Prevention Program Reminder Message**

Use the customizable message below for your follow-up outreach of your testing event wherever you promote wellness (such as email or intranet). Copy and paste the message and add your information to finish customizing.

**What do I customize?**

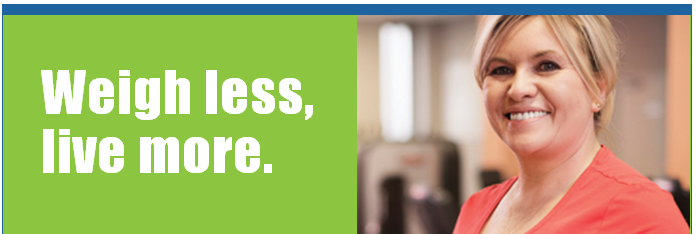
Change the following sections to customize your message.

1. Blue “Make an appointment” box
   * Insert the date, time, and location of your testing event.
2. Organization logo
   * Replace the Washington State Health Care Authority logo with yours.

**Email subject (if needed)**

Reminder! Diabetes screening – what's your risk?

**Message**



**It’s not too late – register today!**

|  |  |
| --- | --- |
|  | |
| <Month DD, YYYY>  <00:00 am/pm – 00:00 am/pm> | <Location/Building> <Room>  <Street Address>  <City>, <State> <ZIP> |
| **[cid:image009.png@01D1FE24.6DF5AD30](http://uswappointment.com/)** | |

Attend the upcoming screening event to learn your risk of type 2 diabetes. If you qualify, there may be a program to help you lose weight and prevent diabetes. And best of all, you can participate at NO COST as part of your health plan.\*

|  |  |
| --- | --- |
| **What’s your score?** If you score 9 or higher, call today! | **[cid:image011.png@01D1FE24.6DF5AD30](http://www.hca.wa.gov/assets/program/dpp-quiz.pdf)** |

You will receive:

* 16 weekly health coaching sessions.
* Support to track progress, learn healthy eating habits, and reduce stress.

Please bring your health plan ID card and allow 15 minutes for the appointment.

Can’t make the event? No problem.

Call **1-888-926-6099** Ext. **326**   
for more information and to enroll.

1 New England Journal of Medicine, Vol. 346, No. 6 (2002)

\*The Diabetes Prevention Program (“DPP”) is available to you at no additional cost as part of your health plan.

Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your health plan’s privacy policy and applicable law.

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