**Omada logo**

**EMAIL COPY  
August “National Wellness Month”**

These copy blurbs are useful for employee emails, employee newsletters, social media channels and other company channels. The copy is also useful if introducing and supplementing the flyer.

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| **Title/Subject line: Prioritize your well-being this month**  **Subtitle/Preheader:** The PEBB Program offers a diabetes prevention program powered by Omada.  **Body Copy:**  **Make self-care a habit with small, meaningful changes**  Taking care of your health isn’t just about eating right or exercising—it’s also about managing stress, getting enough rest, and setting time aside for yourself. The PEBB Program’s diabetes prevention program powered by Omada is here to help you build self-care habits that fit your lifestyle.  **Here are a few self-care ideas to try this month:**  1. Set a bedtime routine to improve sleep quality  2. Take breaks throughout the day to stretch and reset  3. Plan screen-free time to unwind and recharge  [Check if you’re eligible](http://www.omadahealth.com/wapebb) |
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*If you or your adult family members are at risk for type 2 diabetes, your PEBB medical plan will cover the entire cost of the program.*

*The PEBB diabetes prevention program is powered by Omada. Omada also offers a diabetes management program for PEBB members enrolled in Uniform Medical Plan (UMP) plans. To learn more about these programs, visit* [*Diabetes programs*](https://www.hca.wa.gov/pebb-diabetes)*.*