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**EMAIL COPY
“Healthy Summer Travel”**

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: Stay healthy on the go this summer****Subtitle/Preheader:** The PEBB Program offers a diabetes prevention program powered by Omada.**Body Copy:****Simple ways to take your healthy habits on vacation** Summer may be a time for travel, new experiences, and great food. But staying on top of your health goals doesn’t have to take a backseat. With a diabetes prevention program powered by Omada, you get expert guidance and support to help you feel your best—no matter where your summer adventures take you.**Travel-friendly health tips** 1. Pack healthy snacks like nuts, fruit, or low-sugar protein bars to avoid impulse eating2. Choose grilled, baked, or steamed meal options when dining out3. Stay hydrated by carrying a reusable water bottle and drinking regularly[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*](http://www.hca.wa.gov/pebb-diabetes)*.*