**Omada logo**

**EMAIL COPY**  
**November “Diabetes Awareness 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 flier.

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| **Title/Subject line: November is Diabetes Awareness Month**  **Subtitle/Preheader:** Lower your risk for diabetes with a diabetes prevention program offered by the PEBB Program.  **Body Copy:**  **One in three adults has prediabetes, yet 81 percent don’t know it.**  [Prediabetes](https://www.cdc.gov/diabetes/awareness-campaigns/prediabetes-awareness-campaign.html) is a serious condition in which blood sugar levels are higher than normal, increasing the risk of developing type 2 diabetes, heart disease, and stroke.  With the diabetes prevention program (DPP) powered by Omada, you have access to one-on-one support to help you take control and reduce the risk of type 2 diabetes.  **Factors that may increase your risk of prediabetes and type 2 diabetes:**   * **Being 45 years old or older.** Risk increases as you age, but healthy habits can help. * **Family history of type 2 diabetes.**  Knowing this can help you take preventive steps. * **Less physical activity.** Regular movement three times a week can go a long way toward lowering your risk.   **You get:**   * A dedicated care team with a health coach. * A personalized care plan tailored to your lifestyle. * Smart devices and app to help monitor your progress 24/7.   [**Check if you’re eligible**](https://go.omadahealth.com/deployments/wapebb) |

*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/employee-retiree-benefits/diabetes-programs-pebb)*.*