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**EMAIL COPY
October “World Mental Health Day”**

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: Lower your stress, improve your health****Subtitle/Preheader:** The PEBB Program offers a diabetes prevention program powered by Omada. **Body Copy:****Feeling under pressure? The impact of stress on mental health is no small matter.** In a world that’s always on, it’s time to hit pause on stress and play to a healthier you. With the diabetes prevention program (DPP) powered by Omada, you’ll have a partner in transforming stress into strength with dedicated support.**Here are some ways the DPP can help guide you towards a healthier, happier, and more balanced life:*** **Understanding stress:** Learn how stress affects your body and mind, and identify the triggers that impact your mental health.
* **Mindful techniques:** Guided sessions on meditation, deep-breathing exercises, and relaxation techniques help reset your stress response, fostering a calmer, more focused you.
* **Health coaching:** Coaches work with you one-on-one to develop strategies for coping, resilience-building, and maintaining a positive outlook for better mental health.

[**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)*.*