**Omada logo**

**EMAIL COPY  
HOLIDAYS 2025**

The copy below is useful for employee emails, employee newsletters, and other company channels. The copy is also useful if introducing and supplementing the flyer and/or banner.

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**Title/Subject Line:** **Unwrap better health this holiday season, thanks to SEBB**





Staying healthy during the holidays can be overwhelming. The SEBB Program offers a diabetes prevention program (DPP) powered by Omada that can help. The best part? It’s covered by your medical plan, if you’re eligible.

Whether it’s being more active, increasing energy levels, or improving overall health, the DPP can help make it your healthiest holiday yet.

Your welcome kit includes a smart scale that:

* Is easy-to-use shipped to your door, yours to keep
* Readings sync automatically
* See how habit changes can impact health over time
* Get a personalized plan based on progress

With the DPP, a healthier you is within reach this holiday season. It includes:

* A dedicated care team
* A personalized plan
* A quick and easy start

[**Check if you’re eligible**](https://go.omadahealth.com/wasebb?mt_source=B2C&mt_medium=clientEML&mt_campaign=Holiday_2410_PVN&mt_series=01-2410-UnwrapBetterHealth&mt_version=Default-Standard_Mix)

If you or your adult family members are at risk for type 2 diabetes, your SEBB medical plan will cover the entire cost of the program.

*The SEBB diabetes prevention program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or Uniform Medical Plan (UMP) plans. Premera Blue Cross members have a different program available. Omada also offers a diabetes management program for SEBB members enrolled in UMP. To learn more about these programs, visit* [*Diabetes programs*](https://www.hca.wa.gov/employee-retiree-benefits/diabetes-programs-sebb)*.*  
  
**Disclaimers**

Images, including apps, do not reflect real members or information about a specific person..