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**EMAIL COPY
December “Healthy Holidays”**

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: Give yourself the gift of better health****Subtitle/Preheader:** The SEBB program offers a diabetes prevention program powered by Omada®.**Body Copy:**With the diabetes prevention program (DPP) powered by Omada, you are paired with a care team who can help make this a healthy holiday without missing out on the holiday fun. Below are some quick tips you can start using right away.**Holiday health tips:*** Try an ingredient swap. Use Greek yogurt instead of sour cream, or pureed bananas instead of regular sugar.
* Go for a walk as a family or play a fun game indoors.
* Take a warm bath or do some deep breathing for 1-2 minutes.

**With the DPP, you get support from a health coach plus smart devices and resources.** [**Check if you're eligible**](https://go.omadahealth.com/wasebb) |

*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*](http://hca.wa.gov/sebb-diabetes)*.*