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**EMAIL COPY
“Summer Movement”**

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: Move more, feel better this summer****Subtitle/Preheader:** The SEBB Program offers a diabetes prevention program powered by Omada.**Body Copy:****Small steps to stay active while soaking up the season**Summer is the perfect time to add a little extra movement to your routine. With the diabetes prevention program powered by Omada, you’ll get personalized support to make small, meaningful changes that keep you feeling energized—without missing out on the fun.**Here are some ways to add movement into your summer plans:**1. Walk or bike to nearby destinations instead of driving2. Play a game of frisbee, pickleball, or beach volleyball with friends3. Take a morning or evening walk to enjoy cooler temperatures[Check if you’re eligible](http://www.omadahealth.com/wasebb) |
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*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://www.hca.wa.gov/sebb-diabetes)*.*