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**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/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)*.*