**Diabetes Prevention Program Introduction Message**

Customize the message below for initial outreach of your testing event.

**How do I customize?**

1. Add your testing event details to the make an appointment box.
	1. Replace all six sections with the space holder text in brackets (such as <Month DD, YYYY>).
2. When finished, copy the complete message (table and footers).
	1. If you send emails, use the message headline as your email subject.
3. Paste with “keep source formatting” selected.

**Message headline:**

Attend our upcoming diabetes testing event at work

**Message below:**

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|  |
| Be part of something bigger |  |
| **Attend the testing event and learn your risk for developing type 2 diabetes.** |
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|  |
| <Month DD, YYYY><00:00 am/pm – 00:00 am/pm> | <Location/Building> <Room><Street Address><City>, <State> <ZIP> |
| **Make an appointment at:**<Add hyperlinked registration URL> |

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| One out of three Americans is at risk for type 2 diabetes.1 We’re excited to offer the [Diabetes Prevention Program](https://www.hca.wa.gov/public-employee-benefits/diabetes-prevention) for those who qualify as an easy way to help lose weight and reduce risk of developing type 2 diabetes. Best of all, you can participate at NO COST to you as part of your health plan benefits.\***Attending the testing event?**Make sure you:* Take all medications as prescribed.
* Do not eat food or drink (except water) for 8-10 hours before testing.
* Bring your health plan ID card.
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| **Can’t make the event or need help?**Call **206-344-3181** |  |
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1 Centers for Disease Control and Prevention - 2014 National Diabetes Fact Sheet

\*The Diabetes Prevention Program (“DPP”) is available to you at no additional cost as part of your health plan.

Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your

health plan’s privacy policy and applicable law.