**Diabetes Prevention Program Reminder Message**

Customize the message below for follow-up 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:**

Reminder! Attend our upcoming diabetes testing event at work

**Message below:**

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| Be part of something bigger |  | |
| **It’s not too late – register today!** | | |
| |  |  | | --- | --- | |  | | | <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> | | | | |
| Attend the upcoming testing event to learn your risk of type 2 diabetes. We’re excited to offer the [Diabetes Prevention Program](https://www.hca.wa.gov/public-employee-benefits/diabetes-prevention) for those that 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 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. | | |
| **Can’t make the event or need help?**  Call **206-344-3181** | |  |
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\*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.