## EMAIL TEMPLATE FOR

## Employers and Insurers

Use this email template to encourage employees or members to find out more about the National Diabetes Prevention Program lifestyle change program and determine whether they are eligible to participate. Customize it as appropriate.

**TIMING:** The email should be sent out well in advance of the start of a lifestyle change program and can also be used in conjunction with National Diabetes Awareness Month in November and Diabetes Alert Day (the last Tuesday in March).

**SUBJECT:** **Use your employee benefits: Join the National Diabetes Prevention Program lifestyle change program—so you can keep doing the things you love**

**DON’T LET YOUR BENEFITS GO TO WASTE!**

Do you have prediabetes? An estimated 1 out of 3 adults has prediabetes, and 9 out of 10 people don’t even know it. Find out your risk by checking out the Prediabetes Risk Test at [www.cdc.gov/prediabetes/takethetest](http://www.cdc.gov/prediabetes/takethetest). If your score shows you are at high risk for prediabetes, talk to your health care provider about getting tested.

Prediabetes may lead to type 2 diabetes, heart disease, or stroke, but it doesn’t have to.

**IF YOU THINK YOU HAVE PREDIABETES, [Name of Employer] PROVIDES A BENEFIT THAT CAN HELP.**

If you have prediabetes, the National Diabetes Prevention Program lifestyle change program can help you improve your overall health by losing weight, eating better, and being more active. It’s offered at [insert location] and included in your health benefits package.

You’ll get:

* A proven program to prevent or delay type 2 diabetes, led by a trained lifestyle coach
* A CDC-approved curriculum with techniques to improve food choices and increase physical activity to help you lose weight
* A full year of support with weekly 1-hour sessions for up to 6 months and then monthly sessions for the rest of the year
* Support from others like you as you learn new skills for healthy living

**START TAKING ADVANTAGE OF THIS BENEFIT TODAY!**

Call [insert name and phone number] or visit [insert local website] to find out if you’re eligible.