

Health Topic Emails

DIABETES

How to use this email:

Copy and paste this content into an email to help your employees understand their diabetes risk and how they can prevent and manage diabetes.

Subject Line

Understand diabetes risk, prevention, and management

Headline

Reduce your diabetes risks

Body

More than one-quarter of US adults have prediabetes.¹ That's why it's important to understand your risk and learn how you can prevent and manage diabetes.

Here are some resources to help you get started:

- **Prevent diabetes.** Take steps to eat healthy, move more, quit tobacco, manage stress, sleep well, and [join a healthy lifestyle](#) program.
- **Manage diabetes.** Explore how diet and exercise can help prevent and manage diabetes.
- **Learn more.** Find out what you need to know about diabetes, including the importance of checking your blood sugar and the benefits of medications.

Explore ways to feel your best and prevent or manage diabetes. Learn more with these [helpful resources](#).

Footnotes

¹CDC.gov/diabetes