1. **Pre-launch email (optional for use ahead of launch)**

**Subject line: Coming soon – Take control of diabetes: Eat, move and monitor**

If you don’t know much about diabetes, you’re not alone. Diabetes can be a difficult disease to understand. Once you understand the disease, you can better defend yourself against it or learn how to best live with it.

That’s why we’re launching an employee wellness campaign, *Take control of diabetes: Eat, move and monitor*. By participating in this three-week campaign, you’ll learn:

* What diabetes is and how to identify the warning signs
* How to reduce the risk of developing diabetes
* How to live a healthy lifestyle with diabetes

*Take control of diabetes: Eat, move and monitor* will kick off on [date]. Look for more information, coming next week.

Thank you.

1. **Kick-off email (Week 1, Monday morning)**

**Subject line: Get started – Take control of diabetes: Eat, move and monitor**

**Attachments (2): What is diabetes? How can I know for sure if I have it?; What to look for at a glance**

You’re invited to join our three-week wellness campaign, *Take control of diabetes: Eat, move and monitor*, which kicks off today.

Did you know that you can have diabetes and not know it? Most early symptoms are from high glucose, a kind of sugar, levels in your blood. And the longer it goes undiagnosed, the more damage it can do to your body. This week, we’ll start with understanding basic facts about diabetes and how to identify the warning signs of diabetes. To learn more, read the attached article and flyer.

Taking action to improve your life with healthy habits can reduce the risk of irreversible damage to your body over time. Keep an eye out for more educational materials about diabetes, coming next week.

Thank you.

1. **Week 2 email (Monday morning)**

**Subject line: Week 2 – Take control of diabetes: Eat, move and monitor**

**Attachments (2): Risk factors for type 2 diabetes; Exercising, eating and staying positive**

Welcome to the second week of our three-week wellness campaign, *Take control of diabetes: Eat, move and monitor*.

This week, you’ll learn about the various risk factors for type 2 diabetes and how to improve your lifestyle to prevent or maintain diabetes. To learn more, read the attached article and flyer.

Remember, taking action to improve your life with healthy habits can reduce the risk of irreversible damage to your body over time. Keep an eye out for more educational materials about diabetes, coming next week.

Thank you.

1. **Week 3 email (Monday morning)**

**Subject line: Week 3 – Take control of diabetes: Eat, move and monitor**

**Attachments (2): Common myths about type 2 diabetes; Living happily and healthily with diabetes**

Welcome to the third and final week of our wellness campaign, *Take control of diabetes: Eat, move and monitor*.

Did you know that diabetes is a chronic disease? However, it’s a condition that you can live with and manage successfully. This week, we’ll end our wellness campaign with learning about common myths and misconceptions about diabetes and how to live happily and healthily with diabetes. To learn more, read the attached article and flyer.

Thank you for participating in *Take control of diabetes: Eat, move and monitor.* Remember, taking action to improve your life with healthy habits can reduce the risk of irreversible damage to your body over time.

1. **Follow up email (use week after campaign end)**

**Subject line: We want your feedback – Take control of diabetes: Eat, move and monitor**

**Attachments (1): Employee evaluation**

Thank you for participating in our month-long wellness campaign, *Take control of diabetes: Eat, move and monitor.*

Please take a few moments to complete the brief survey, attached, to tell us your thoughts about the campaign. Your opinion is very important to us.