

Email Type / Stage	Subject Line	Body Copy (Email Text)	Purpose / Notes	Sender Name / Signature
Health Check Invite	Take Charge of Your Health — Your Free Check Awaits	<p>Dear [First Name], \nWe're inviting you to a complimentary health check at your nearest Prudential Panel Hospital. \nWe'll assess your blood pressure, cholesterol, BMI, blood sugar, and heart health — all in one session. \nClick below or reply to this email to schedule your visit. \n\nWarm regards, \nPRUHealth Team</p>	Start of campaign	Pru Health Team
Appointment Confirmation Your Health Check is Confirmed		<p>Hello [First Name], \nYour appointment is confirmed for [Date, Time] at your selected clinic. \nPlease bring your ID and arrive 10 minutes early. \nIf you need to change your time, just reply to this email or message PRUHealth Team on WhatsApp. \n\nWarmly, \nPRUHealth Team</p>	Reinforces clarity	Pru Health Team
Results & Follow-up	Your Health Check Results Are Ready	<p>Dear [First Name], \nYour health check results are now ready. Dr. Lee will review them with you during your consultation. \nRemember — this is a great step in keeping your heart, sugar, and cholesterol levels healthy. \n\nBest, \nPRUHealth Team</p>	Results notification	Pru Health Team
3-Month Review Remind Time for Your Health Recheck		<p>Hello [First Name], \nIt's been a few months since your last screening — would you like to schedule your next check-up? \nYour progress matters, and I'll help you book the most convenient slot. \n\nWith care, \nPRUHealth Team</p>	Promotes preventive care	Pru Health Team
Pre-Diabetes Lifestyle Stg A Plan for Better Balance		<p>Dear [First Name], \nYour recent screening showed elevated blood sugar levels. Don't worry — with a few small lifestyle changes, you can stay on track. \nI'll help you monitor your diet, activity, and habits over the next few weeks. \nWould you like to begin your wellness plan? \n\nWarm regards, \nPRUHealth Team</p>	Entry into pre-diabetes flow	Pru Health Team
Lifestyle Check-In	How's Your Health doing these days?	<p>Hello [First Name], \nJust checking in — have you had a chance to follow your plan this week? \nEven small steps make a difference. \nIf you'd like, I can connect you to a nutritionist or share a few easy recipes. \n\nTake care, \nPRUHealth Team</p>	Sustained engagement	Pru Health Team
Opt-Out Confirmation	You've Been Unsubscribed from Guided Care	<p>Dear [First Name], \nWe've paused all Guided Care messages as requested. You can rejoin anytime by replying "Restart" to this email or messaging Clara on WhatsApp. \n\nWe wish you continued good health. \nPRUHealth Team</p>	Compliance confirmation	Pru Health Team