

# Help your employees lower their risk for developing Type 2 diabetes

One in three people have prediabetes, and more than 80 percent don't know they have it. Research has shown that diabetes prevention programs (DPP) can help reduce the chance of developing this disease.

Transform Prediabetes is a digital, evidence-based, CDC-recognized diabetes prevention program offered at no extra cost\* to clinically eligible CDPHP® members. The program is available within the CDPHP Health Hub through the Personify Health app, so participants have access to healthy resources right in the palm of their hand.

The Transform program provides your employees and their dependents with an easy way to learn about sustainable weight loss, being more active, healthy eating, and emotional and mental resilience.

As part of the program, members receive:

- ✓ Dedicated 1:1 coaching support
- ✓ Health-related lessons and quizzes inside the CDPHP Health Hub
- ✓ Self-guided learning modules
- ✓ A digital scale
- ✓ A Fitbit activity tracker (earned after four weeks of participation)

Studies\*\* have shown that participants of the program:



**DECREASED WEIGHT**  
by 13.3 lbs (6.5%) and lowered their BMI by 1.9 kg/m<sup>2</sup>



**INCREASED EXERCISE**  
frequency by 1.7 days per week



**REDUCED ABSENTEEISM**  
by almost half a day per month

CDPHP® members can take the one-minute quiz to see if they are eligible by visiting [join.personifyhealth.com](https://join.personifyhealth.com).



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\* No cost to members on fully insured plans. Program is available as a buy-up for self-insured plans.

\*\* On average. Source: <https://diabetes.jmir.org/2019/3/e13904/>

# Frequently Asked Questions

## How long is the program?

The Transform Prediabetes program is one-year long. There are two phases, each phase is six-months. The first phase includes weekly learning sessions and connecting virtually with a health coach for individual support and goal setting. The second phase is dedicated to maintaining and reinforcing the new healthy behaviors developed in the first phase.

## What will the program help employees achieve?

While in the program, participants will aim to achieve two goals:

- ▶ Reduce weight by five to seven percent of their starting body weight. This small amount of weight loss can **reduce the risk of developing Type 2 diabetes by about 60 percent.**
- ▶ Increase physical activity to 150 minutes each week. The participant's coach will help incorporate more physical activity at moderate intensity throughout the week.

## What happens once an employee qualifies for the program?

Once eligibility is verified, the member will be prompted to opt-in and self enroll. The member will schedule two calls prior to starting the program:

1. Orientation Call - The orientation will cover a brief program overview, what to expect, scheduling of initial coaching call, and confirmation of program start date.
2. Initial Coaching Call - Completion of the orientation call gives the participant access to in-app messaging with their Transform coach. Participants will be able to read a brief biography of their Transform coach before their initial coaching appointment.

Access to the following program components will be unlocked on the participant's chosen start date, confirmed during their initial coaching call.

- ▶ Lesson plan modules
- ▶ Photo-enabled food log
- ▶ Weight and activity trackers

## Who can my employees contact for Transform or Fitbit device help?

Transform Support is available to all participants Monday – Friday, 9 a.m. – 9 p.m. To contact Transform Support, email them at [transform@personifyhealth.com](mailto:transform@personifyhealth.com) or call 888-345-2425.



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