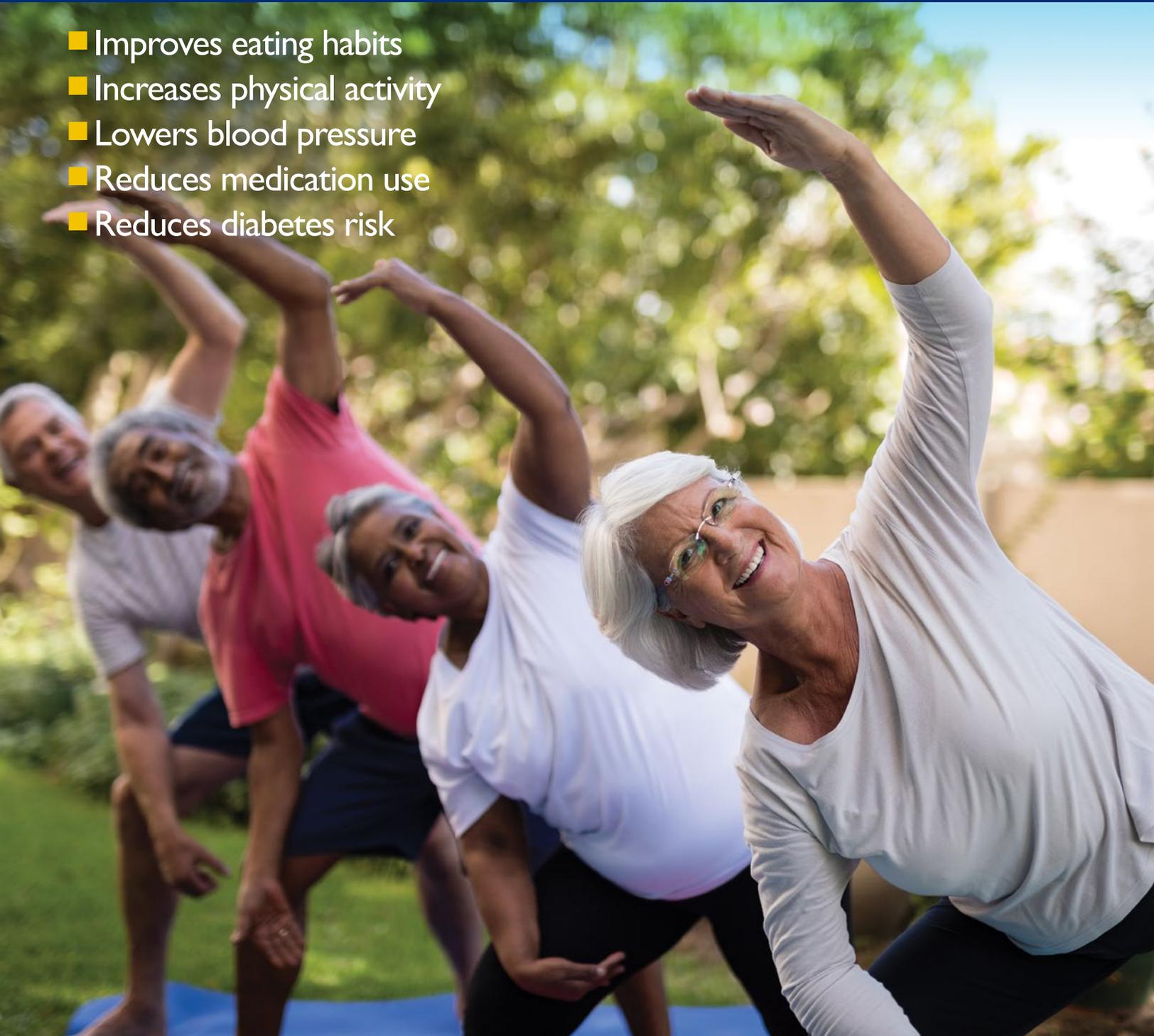




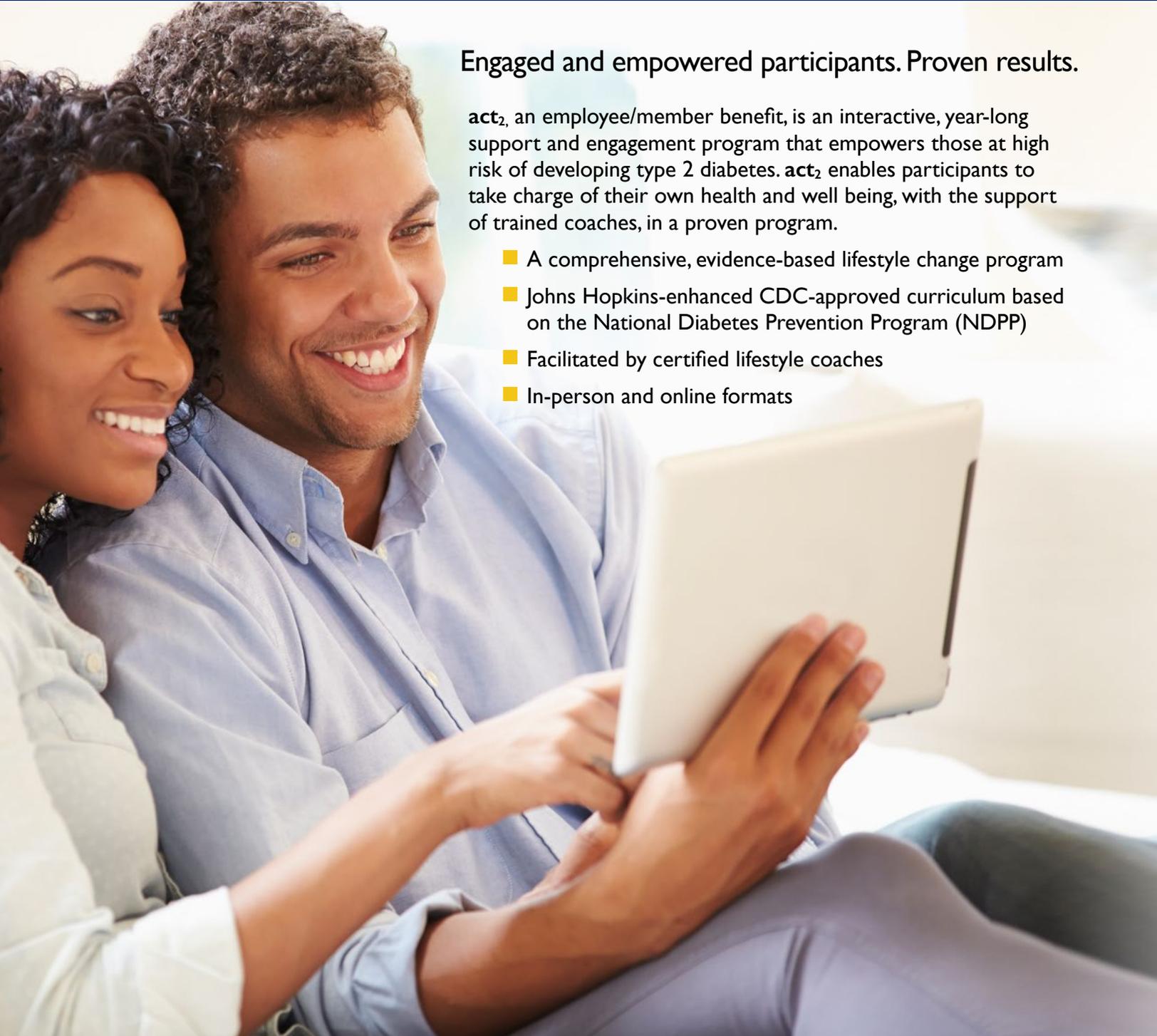
A Johns Hopkins Diabetes Prevention Program

- Improves eating habits
- Increases physical activity
- Lowers blood pressure
- Reduces medication use
- Reduces diabetes risk



What is **act₂**?

Act today to prevent type 2 diabetes



Engaged and empowered participants. Proven results.

act₂, an employee/member benefit, is an interactive, year-long support and engagement program that empowers those at high risk of developing type 2 diabetes. **act₂** enables participants to take charge of their own health and well being, with the support of trained coaches, in a proven program.

- A comprehensive, evidence-based lifestyle change program
- Johns Hopkins-enhanced CDC-approved curriculum based on the National Diabetes Prevention Program (NDPP)
- Facilitated by certified lifestyle coaches
- In-person and online formats



TECHNOLOGY

- Secure, website enables two-way communication between participants and coaches
- Participants digitally connect with devices or track manually
- Coaches use a web-based platform to easily track participant progress and manage their participant portfolio
- Participants are sent reminders by text and email

COMPONENTS

- Pre-assessment to gauge participant success and eligibility
- 32 structured learning modules for easy understanding
- Personalized guidance for enhanced learning
- Interactive and supportive online modules
- Reliable feedback from committed coaches
- Helpful resources to enhance self-monitoring skills and compliance

Diabetes Prevention Program (DPP) Outcomes*:



Participants cut risk of developing type 2 diabetes by 58 percent



Participants were able to lose 5 percent to 7 percent of their body weight through healthier eating and maintaining at least 150 minutes of physical activity weekly



Benefits extend long term—those in a diabetes prevention lifestyle-change program were one third less likely to develop type 2 diabetes after 10 years



Long-term potential cost savings in avoiding or delaying type 2 diabetes

*www.diabetes.niddk.nih.gov

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For additional information visit HealthyWorks/act2

