

Take Charge | Live Well

VP TRANSFORM FOR PREDIABETES



Do you know if you're at risk of developing type 2 diabetes?

Take the one-minute quiz to see if you're eligible for VP Transform for Prediabetes. VP Transform for Prediabetes is a CDC-recognized diabetes prevention program offered entirely online, at no cost to you. When you join the program, you'll receive a 12-month healthy lifestyle education as well as a digital scale and an activity tracker to help you monitor your progress. Oh—you also get your own dedicated health coach for the whole year (yes, it's free).

Sign up now: join.virginpulse.com/stateofohio

Already a member? Visit das.ohio.gov/wellness and click **The Hub** tile.



The State of Ohio's Take Charge | Live Well program contracts with Virgin Pulse to manage wellness resources, activities, and Take Charge | Live Well program rewards for employees and spouses enrolled in the State of Ohio medical plan. Personal health information provided is not shared with the State.



Ready to get started?

Follow these easy steps:

- Step 1** Visit das.ohio.gov/wellness and click **The Hub** tile to get started.
- Step 2** Choose the **Programs** tab. From the navigation menu, select **All Programs**.
- Step 3** Select VP Transform for Prediabetes from the list of programs, and then click **Start Now**.
- Step 4** Take the one-minute quiz to see if you're eligible for VP Transform for Prediabetes.

Program Structure

The VP Transform for Prediabetes program is one year long and has two distinct phases:

Core | 4 months

The first 4 months (16 weeks) of the program deliver weekly learning sessions with built-in activities that help you apply the information to your own life right away. The learning sessions cover topics related to sustainable weight loss, being more active, healthy eating, and emotional and mental resilience.

Each week you will also connect, virtually, with your health coach for individual support and goal-setting.

For Life | 8 months

The remaining 8 months of the program are dedicated to maintaining and reinforcing the new healthy behaviors you developed in the first 16 weeks.

What to Expect

While you're in the program, you'll aim to achieve two goals:

- Reduce your weight by 5-7% of your starting body weight. This small amount of weight loss can reduce your risk of developing type 2 diabetes by about 60%.
- Increase your physical activity to 150 minutes each week. Your coach will help you incorporate more physical activity at moderate intensity throughout the week.

What's Included

A personal health coach to guide you, support you and hold you accountable

You will have your own personal dedicated health coach to support you through your journey. Your coach will help you set attainable daily and weekly goals.

Wireless Scale

You'll receive a wireless scale as you begin the program.

Activity Tracker

Once you've been fully engaged in the program for 4 weeks, you'll receive an email with information on how to get your free Fitbit!

VP Transform for Prediabetes App

Access weekly lessons, track your meals, communicate with your health coach, and track your weekly progress all through the VP Transform for Prediabetes mobile app, at no cost to you.

