

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.

VP Transform for 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 on the VP Transform smartphone app, so participants have access to healthy resources right in the palm of their hand.

The VP 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 VP Transform app
- ✓ 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/m²



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.virginpulse.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 VP Transform for 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?

After they complete the quiz and they are eligible to enroll in the program, employees will receive an email within 24 hours where they can track the enrollment status.

The VP Transform team will begin the employee's enrollment process by matching the person with a health coach, assigning them to a program start date, and shipping their wireless scale. The enrollment period takes about two to three weeks. Once enrollment is complete, the program officially begins!

Who can my employees contact for Transform mobile app 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@virginpulse.com or call 888-345-2425.



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