

Make moves toward a healthier life

VP Transform for Prediabetes is a leading CDC-recognized diabetes prevention program (DPP). It combines live health coaching with a smartphone app, so staying on track with your health is easy. In this 12-month program, you'll have personalized support to help lower your risk for developing diabetes. You'll receive weekly healthy lifestyle education and a dedicated wellness coach to guide you for the whole year, plus a free digital scale and Fitbit* to help you monitor progress.



Here's how it works:

- Find out if you qualify** Take a short survey in the CDPHP Health Hub to see if you qualify for the VP Transform program
- Enroll** Once you qualify, pick your start date and tell us where to send your free digital scale
- Download the app** Get the VP Transform app and start using the features designed to help you succeed
- Meet your coach** Once you're officially in the program, you'll be able to schedule a live session with your health coach and get to know each other

Build healthy habits
Core | 6 months

The first six months (26 weeks) of the program provide weekly learning sessions with built-in activities that help you apply the information to your own life right away. The sessions cover topics related to sustainable weight loss, being more active, healthy eating, and emotional and mental resilience.

Live your healthy life
For Life | 6 months

The remaining six months of the program are dedicated to maintaining and reinforcing the new healthy behaviors.



* Scale and activity tracker are taxable items. Fitbit can be earned after four weeks of participation in the program.

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



Reduce your weight by five to seven percent of your starting body weight.

This small amount of weight loss can reduce your risk of developing type 2 diabetes by about 60 percent.



Increase your physical activity to 150 minutes each week.

Your coach will help you incorporate more physical activity at moderate intensity throughout the week.

Ready to get started?

Follow these easy steps:

STEP 1 Go to join.virginpulse.com.

STEP 2 Choose the **Benefits** tab. From the navigation menu, select **View All**.

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.

STEP 5 If you are eligible for the program, VP Transform will start processing your registration. A typical processing time takes two to three weeks in order to match you with your health coach, help you pick a program start date, and ship your wireless scale.



Health Hub
powered by Virgin Pulse

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。