PreventT2

Participant Agreement

PreventT2 is designed specifically for prevention and/or delay of type 2 diabetes in persons at high-risk for developing type 2 diabetes. To fully support learning and lifestyle modification that is tied to the research of the success of the Diabetes Prevention Program (DPP), participant engagement and commitment are required for the full year-long program.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, understand that the duration of the DPP Lifestyle Change Program is a **year-long commitment** and agree to the following:

* I will attend 16 weekly/bi-weekly sessions in months 1-6 (a minimum of 9 *via distance learning*)
* I will attend 6 sessions in months 7-12 (a minimum of 3 monthly sessions *via distance learning*)
* If unable to attend a session, I will coordinate with my Lifestyle Coach to complete a make-up session via distance learning within a week of the session missed.
* Submission of Weekly Food and Fitness Log (*Food log will be turned in to Lifestyle Coaches on a weekly basis)*
* Notify my instructor of my Physical Activity minutes from the previous week (regardless of the amount).
* I will be required to weigh myself on a weekly basis, and report this information to my instructor weekly*.*
* Engage in group discussion and activities while being considerate and respectful to all other participants
* Increasing physical activity to a minimum of 150 minutes per week throughout the span of the program. *Minutes of Physical Activity will be recorded by Lifestyle Coaches on a weekly basis*
* I will attempt to loose of 5% -7% of my “starting” body weight in the first 6 months of the program.
* I will maintain my >5%-7% weight loss from my “starting” body weight OR continue to try to lose 5%-7% from my starting body weight (if not yet achieved in the first 6 months)

I agree that to be eligible to participate in the program, compliance with **all** of the above commitments. I understand that my Lifestyle Coach is here to help me achieve my goals and if I am not ready to commit to this program, I should attempt at a later time.

**Please sign and date below. Your signature represents that you have read and understand the program policies and are committed to the Diabetes Prevention Program.**

**Printed name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OPTIONAL-**

**\*Incentives (Examples):**

* After attending the first 4 sessions and demonstrating weight loss of at least 3%, you will be entered into a drawing for incentive items to help you continue with a healthy lifestyle (gym membership?)
* After attending at least 9 sessions, AND demonstrating weight loss of at least 5%, you will be entered into a drawing for incentive items to help you continue with a healthy lifestyle
* After attending at least 9 classes in the first 6 months and 3 classes in months 7-12 and demonstrating a maintained or continued weight loss, you will receive a gym.
* There may be opportunities for additional prizes throughout the program

\*(if your site provides incentives all incentives need to be less than $50.00 per item when using AADE funds)

Or, think about strategies as alternatives or complements to “incentives”.

* We have seen better results of participants who do not get this program 100% scholarship and have some of their own “skin in the game” whether they are paying for a portion out of pocket OR they have some payment incentive for them to continue.
* Some payers have the participant pay for the program up front, and then they pay the participant back as they meet certain milestones.
* Other payers pay for the program but if the participant does not meet the markers they now have to pay back their employer (auto payment) from their paycheck for a portion of the class.
* If your site decides that there should be buy-in from the participant, you can set up a payment structure for them to commit to. We suggest you make this go along with your goals of attendance and weight loss (for example, if you charge the participant $100 out of pocket, they will receive $50 back once they have attended at least 12 core sessions and the other $50 back when they attend at least 3 post core sessions)