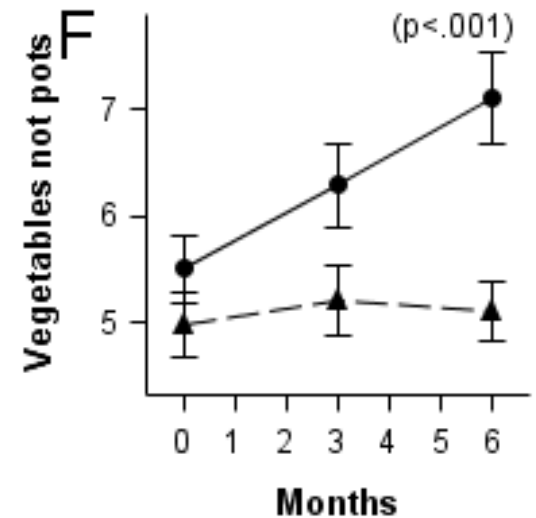
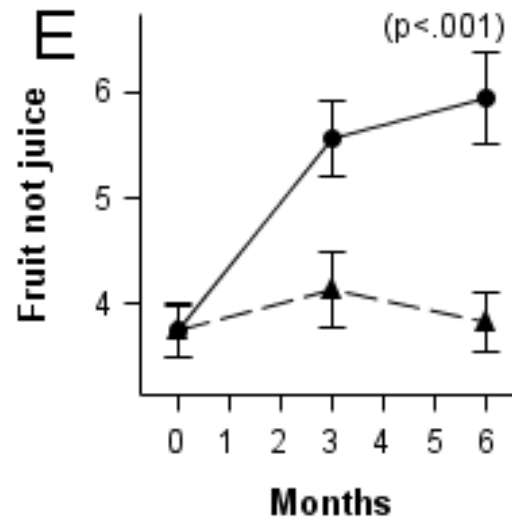
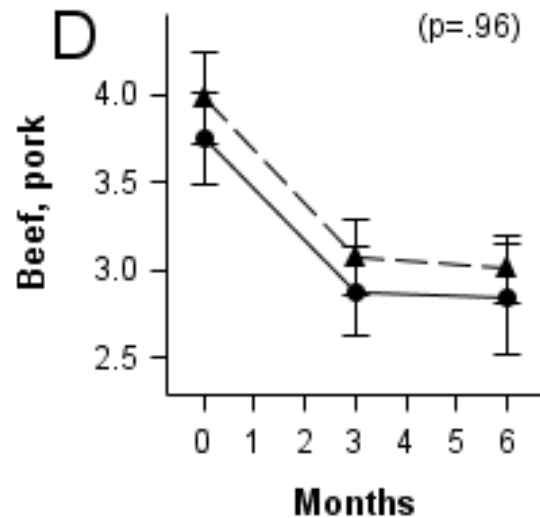
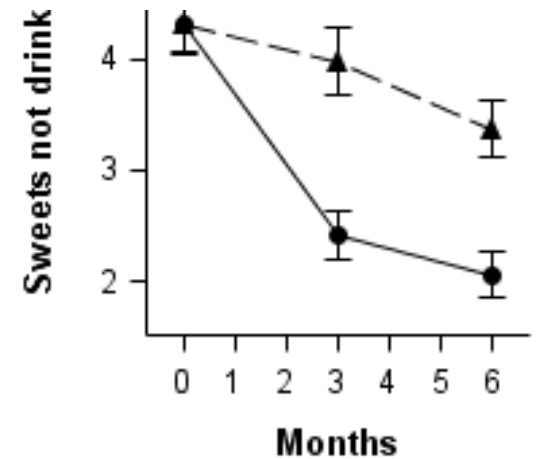
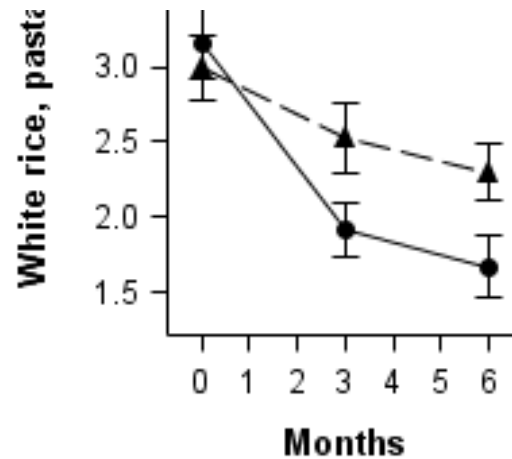
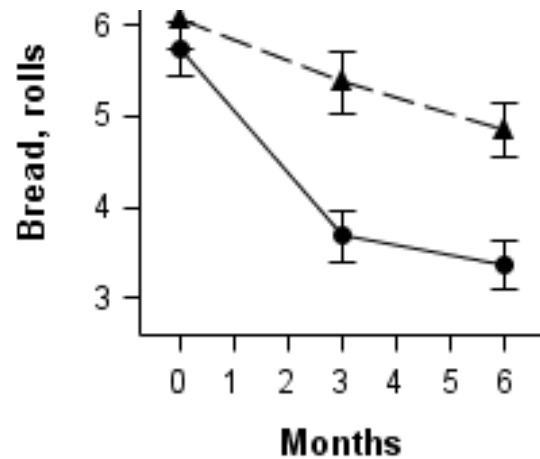


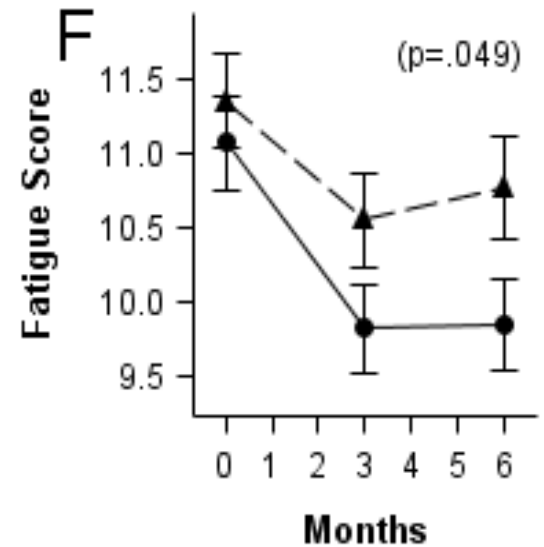
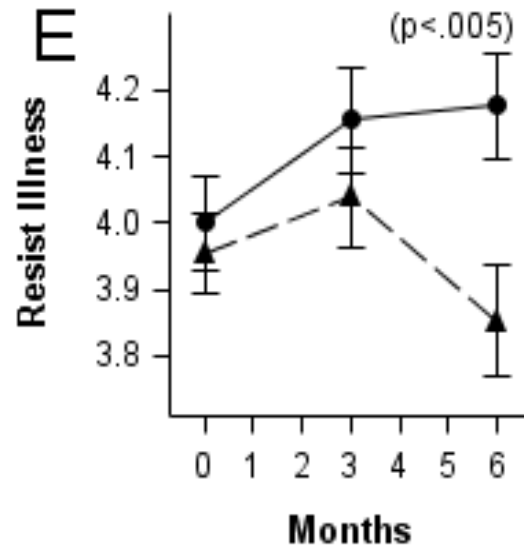
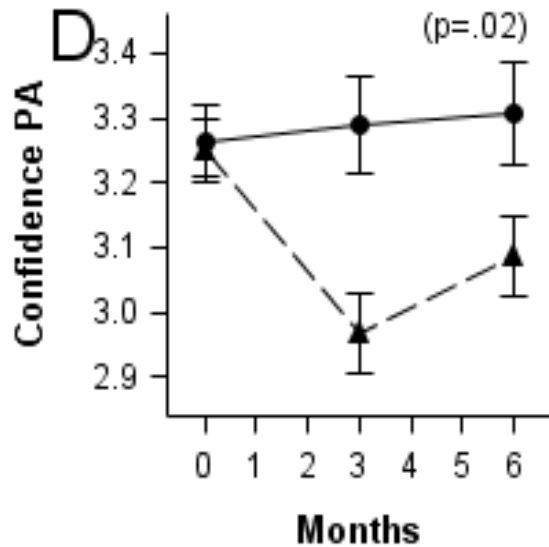
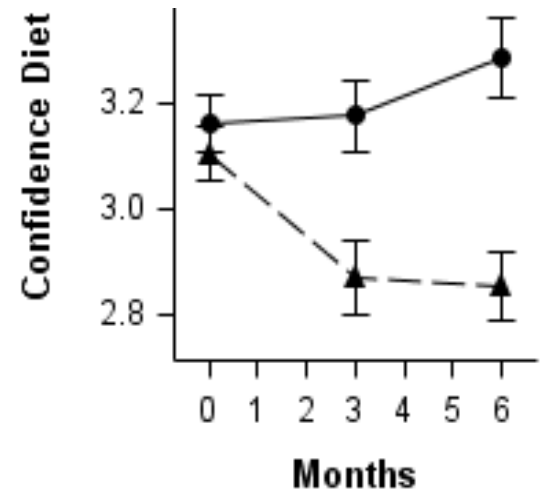
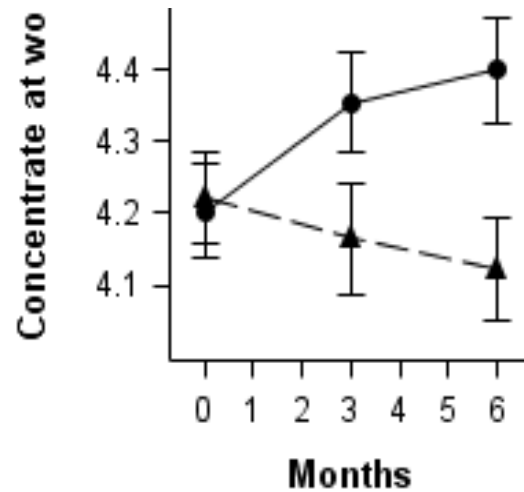
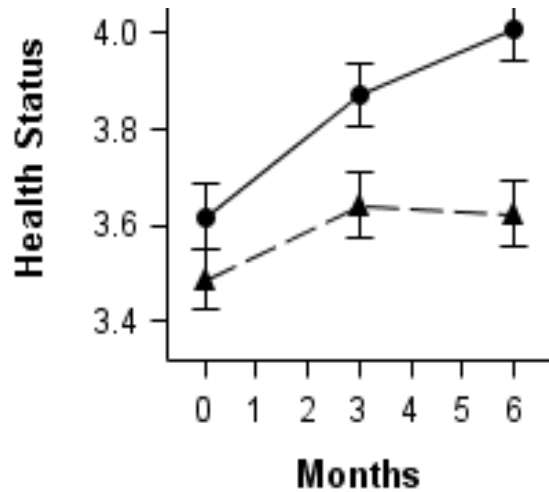
Changes in Foods



Major Outcomes

- 1) Clinic-measured
- 2) Diet, activity
- 3) **Wellness, Productivity**

Wellness / Productivity



End of Trial Results

- Questions about the trial or results?

Walk-through of Alive-PD

- Enrollment



Welcome to Alive-PD — Prevent Diabetes

New Users: Sign up for the *Alive-PD* website with the Sign Up Code that you have received.

SIGN UP CODE

Sign Up

Existing Users: Sign in to your personal *Alive-PD* website with your email address and password.

EMAIL ADDRESS

Welcome!

With Alive-PD, you can:

- eat better
- exercise better
- feel better
- lose weight!



The program will be delivered entirely by email.
Please enter your name, email address and
password below.

FIRST NAME

LAST NAME

EMAIL

CONFIRM EMAIL

CREATE PASSWORD

CONFIRM PASSWORD

Enroll

THANK YOU for joining Alive-PD.

If you close the browser or need to stop bef
by going to alive.turnaroundhealth.com
password.

So write down your password!

First up is a questionnaire, to help us create

We **recommend** that you use a desktop or t

Walk-through

- Enrollment
- Assessment
 - Program uses the assessment to suggest highly tailored goals

Age, Sex, Weight, Height

 **BACK** **NEXT** 

Please tell us about you.



Are you:

Male

Female



How old are you?


99

 years old.

How much do you weigh? (Press the More Info button for conversion from kg.)

180


 pounds. **Please be careful, check whether you entered it correctly!**

 More Info





How tall are you? (Press the More Info Button for conversion.)

5

 feet and

8

 inches.

 More Info

WELCOME

INTRO

DRINKS

BREAKFAST, BREADS

DAIRY, MEAT, STARCHES

FRUITS & VEGETABLES

SNACKS, SWEETS, FATS

VITAMINS

ACTIVITIES

LIFESTYLE

END OF SURVEY

Soda

Hide Running Total

[<](#) BACK NEXT [>](#)

Any kind of soft drink, soda or pop, like Coke, Sprite, ginger ale, orange soda, regular or sugar-free.

✓ How many days per week?

Less than once a week

1 day

2 days

3-4 days

5-6 days

Every day

✓ How much on those days?

1 glass / can

2 glasses / cans

3+ glasses / cans

✓ What kind, usually?

Diet or sugar-free

Regular

[<](#) BACK NEXT [>](#)

Results so far...

Carbohydrates
875 grams/day

Added Sugars
329 grams/day

Saturated Fat
133 grams/day

? [What is this?](#)

WELCOME

INTRO

DRINKS

BREAKFAST, BREADS

DAIRY, MEAT, STARCHES

FRUITS & VEGETABLES

SNACKS, SWEETS, FATS

VITAMINS

ACTIVITIES

LIFESTYLE

Walking

Hide Running Total

BACK

NEXT

Walking briskly, for at least 10 minutes at a time, for fitness or exercise.

More Info

How many days a week?

None or less than once a week

1

2

3

4

5

6

7 days a week

How many minutes on those days?

10 min.

15 min.

20 min.

25 min.

30 min.

35 min.

40 min.

45 min.

50 min.

55 min.

1 hour

70 min.

80 min.

1 1/2 hours

100 min.

110 min.

2 hours

2 1/2 hours

3 hours

3 1/2 hours

4 hours

How vigorous is it?

More Info

Slower than moderate, no increase in breathing

Moderate, some increase in breathing and heart rate

Somewhat vigorous, breathing harder and heart rate up

BACK

NEXT

Results so far...
Aerobic 0 min./week
Strength 0 min./week
Sedentary 0 min./week

[? What is this?](#)

Tailoring to the individual

WELCOME

INTRO

DRINKS

BREAKFAST, BREADS

DAIRY, MEAT, STARCHES

FRUITS & VEGETABLES

SNACKS, SWEETS, FATS

VITAMINS

ACTIVITIES

LIFESTYLE

END OF SURVEY

Eating breakfast

[<](#) BACK NEXT [>](#)

How often do you do the following?

✓ Eat breakfast (more than just coffee or tea)?

Less than once a week

1 day

2 days

3-4 days

5-6 days

Every day

✓ When you eat breakfast, which of these types of breakfast do you eat most often? (Choose 1 or 2)

☐ Eggs, ham, etc

☒ Cold cereal or cooked cereal

☐ Pancakes, waffles, Pop Tarts

☐ Muffin, pastry, donut

☐ Bagel or toast

☐ Cottage cheese, yogurt, other cheese

☐ Soda, candy bar, other sweets

☐ Something else

✓ Eat breakfast in a restaurant, cafeteria, fast food or take out?

Less than once a week

Once or twice a week

Several times a week

Almost every day

[<](#) BACK NEXT [>](#)

Walk-through

- Enrollment
- Assessment
- Personalization

We've created an activity plan just for you!

If you like it, then simply click the "Next" button to continue.

If you want to change it, you may do so here.



Next

Create your Activity Plan

While 150 minutes per week (about 30 minutes on about five days) is a minimum, experts agree that more than an hour a day may be needed to prevent weight gain.

You are doing at least an hour a day of aerobic activity on most days! You are getting about 620 minutes a week (not counting strengthening). That's excellent!

We have created a plan that increases your aerobic minutes still further. If you like it, just click Next. But if you just want to stay at your present level, set your long-term target to your current minutes per week. Either way, keep up the good work!

I want to start by exercising:

3 days

My long-term target is to get to:

480 minutes (eight hours) per week

I want to get to my long-term target in:

6 weeks

Select an activity:

Walk briskly for fitness

Now that you've changed the plan, click here to save your changes:

Save Activity Plan

Or you may reset it by clicking the following button:

Reset Activity Plan



My Activity Plan

Week 1

At least 480 minutes total

About 160 minutes on 3 days:

Walk briskly for fitness.

Week 2

At least 480 minutes total

About 160 minutes on 3 days:

Walk briskly for fitness.

Week 3

At least 480 minutes total

About 160 minutes on 3 days:

Walk briskly for fitness.

Week 4

At least 480 minutes total

About 160 minutes on 3 days:

Walk briskly for fitness.

Week 5

At least 480 minutes total

About 160 minutes on 3 days:

Walk briskly for fitness.

Week 6

At least 480 minutes total

About 160 minutes on 3 days:

Walk briskly for fitness.

Walk-through

- Enrollment
- Assessment
- Personalization
- Intervention begins - email

Weekly Goal Setting

Choose Your Goals

Select one or more goal to work on this week.

Mail ▾

COMPOSE

Inbox (4)

Starred

Sent Mail

Drafts

Did respond

From AlivePD (4)

from Users

More ▾

 Gladys ▾




No recent chats

[Start a new one](#)

What should I eat?

From AlivePD x

 **Alive-PD Diabetes Prevention** <alive@alive.turnaroundhealth.com>
to me ▾

Oct 10 ☆

[If you're having trouble viewing this email, visit the Alive-PD web site.](#)

*my***alive!**

Hi Gladys
Week 1



You Can Do It, Gladys!



Choose Your Activities

for this week:

Your activity plan this week is to do at least 110 minutes of aerobic activity. This week I will:

☐ Walk briskly for fitness ▲

You are braver than you believe, stronger than you seem, and smarter than you think.
~A.A.Milne

Study Proves Lifestyle Changes Work Better Than Drugs to Prevent Diabetes

I will avoid baked goods this week for breakfast



You Can Do It, Gladys!



Choose Your Activities for this week:

Your activity plan this week is to do at least 110 minutes of aerobic activity. This week I will:

☐ Walk briskly for fitness ⬆
25 minutes per day ⬆ on 5 days. ⬆

Optional:

☐ - ⬆
- ⬆ - ⬆

You are braver than you believe, stronger than you seem, and smarter than you think.
~A.A.Milne

Study Proves Lifestyle Changes Work Better Than Drugs to Prevent Diabetes

% of study participants
who developed diabetes
at year four.

30%

Extra Credit Goal

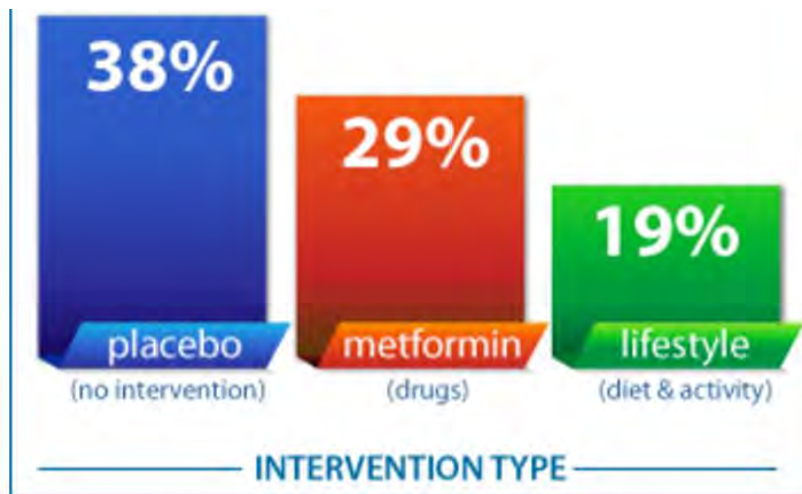
Want to do a little extra credit this week? Try this goal:

- ☐ I will buy a good pair of walking/running shoes.



Choose Your Food Goals for this week:

- ☐ Over the next 3 months of this program, I will get down to
- ☐ Act as if you're confident and optimistic, and you will start to feel that way. Every day this week I will tell someone "I'm eating better and becoming more active, and I'm feeling more confident all the time."
- ☐ I will eat a smaller amount of snack chips or popcorn this week.
- ☐ This week, I will have only half as much pizza as I usually have. That pizza is



All 3,234 study participants in the Diabetes Prevention Program Study were overweight and had pre-diabetes, which are well-known risk factors for the development of type 2 Diabetes. Participants in the lifestyle intervention group *reduced their risk* of developing diabetes by 58%. This finding was true across all participating ethnic groups and for both sexes. Lifestyle changes worked particularly well for participants aged 60 and older, reducing their risk by 71%.

Featured on *myAlive!* this week

- ☐ This week, I will have only half as much pizza as I usually have. That pizza is providing quite a lot of saturated fat and problem carbs.



Write Your Own Goal

for this week:

Featured on *myAlive!* this week

Pre-Diabetes: A Tipping Point

You have pre-diabetes--what now? What is it? Can it be reversed?

What Should I Eat? And Not Eat?

You don't need a crash diet! Here are the key tips for preventing diabetes. And they will help you lose weight.

Notes to myself

What do you need to do to support yourself to accomplish these goals? When will you do it? Who will you do it with? Write a note to help you set and keep your goals.

Tell Us What You Did Last Week

These are the goals you chose last week. Please tell us how you did.

☐ **Yes, I did it!**

☐ **No, I didn't do it.**

I will include a serving of fresh fruit every day this week.

☐ **Yes, I did it!**

☐ **No, I didn't do it.**

I will keep up the changes I've made in saturated fat, and look for one more to make this week.

Click the button below when you're finished with this section.

Report Last Week's Goals

This week's goals

Change your goals for this week



Food goals



I will have a smaller piece of cake when I have it this week



I will start the day with a high fiber, whole grain breakfast at least two mornings this week.

Tips for Goal #1

- Just have few bites and keep the rest for next time.
- Why not share it with someone? This way you get your sweet fix and won't feel guilty about it.
-

Tips for Goal #2

- Studies show that people who eat a good breakfast are less likely to overeat later in the day.
- Good options for a satisfying a high fiber whole grain breakfast include oatmeal, a bran cereal with fruit, or whole wheat toast.
- Whole grains are more satisfying because of the fiber content. Pair whole grains with non-fat yogurt or scrambled egg whites for a good start on your day!



Alive-PD Coaching Tool - Get Tips for Success!

On this page you can get support to help you accomplish your goals and overcome some common problems.



What do you want help with?

- ☐ Accomplishing diet goals
- ☐ Accomplishing activity goals
- ☐ Handling more general lifestyle barriers



Advice for achieving diet goals

What's happening?

- ☐ I forgot
- ☐ I was sick
- ☐ I didn't have time
- ☐ I was on vacation or traveling
- ☐ There was junk food around and I couldn't resist
- ☐ I was stressed, anxious or depressed
- ☐ I couldn't get motivated about eating better
- ☐ Something else

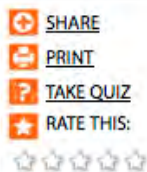


Advice for achieving diet goals

Can't resist the junk food? Okay, next week don't even bring it into the house!

[< Back to start](#)

[Show more tips \(1 of 4\) >](#)



What Should I Eat? And Not Eat?

Your doctor says you have pre-diabetes and you need to eat better, exercise, and lose weight. How? What should you eat...or not eat? Here are some answers.

First - This is not a diet!! Please do not go on a crash diet! People who do that almost always gain their weight back. What this program will do is help you to change your habits so that it becomes a lifelong way of eating.

However, most diabetes researchers believe that **you should lose some weight** (5-10% of your current weight), to prevent diabetes. How can you do that without "dieting"?

If you follow the steps below, you **will** lower your glucose level, and you will probably also lose weight, in a way that you can maintain.



1. Cut way down on sugar.

Always look at food labels, and avoid foods in which sugar is one of the top 2-3 ingredients. Watch out for "sugar", "high fructose corn syrup", "juice concentrate", "evaporated cane juice".

2. Cut way down on starches.

Eat less:

- bread, rolls, bagels - even if they're whole grain
- pasta, noodles, spaghetti - even if it's whole grain
- white rice - eat brown rice instead
- white potatoes

3. Always eat breakfast.

It gets your metabolism going. Try to get protein into breakfast, such as eggs or Eggbeaters, cottage cheese, unsweetened yogurt, milk. If you eat cereal, don't eat sweetened cereals! (Yes, even if they're whole grain -don't eat them!)

4. Have a good source of protein at each meal.

Protein helps you to not feel hungry later. Good sources of protein are lean meat, poultry, fish, eggs, egg substitutes, peanut butter, cheese, cottage cheese, yogurt, beans, and soy products. Don't have *just* salad for lunch - have some protein (chicken or beans or tofu) with it.

Daily Tracker - Logging weight, FV servings, Activity

myalive!

Track your way to

HomeMy Goals

Daily Tracker

Download Worksheets

Useful Links

HI Heather!

Text size: A A A

HelpSign Out

Daily Tracker

Thursday September 19 2013

Log Your Weight

Weight:

125

Pounds

Log Your Fruits and Vegetables

Fruit Servings:

1

Cup Equivalents

Vegetable Servings:

2

Cup Equivalents

Log Your Activities

Team sports like basketball, soccer, etc.

100

Minutes

Pick an activity

Minutes

Pick an activity

Minutes

Save

Cancel

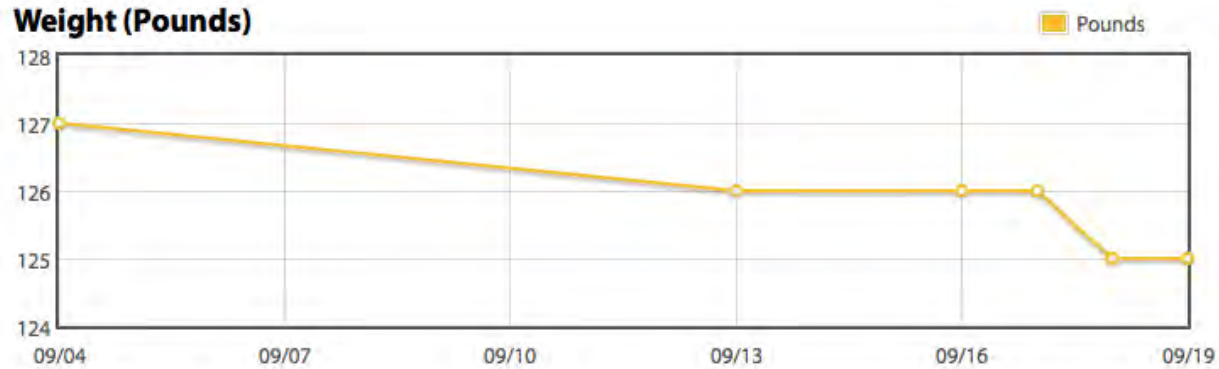
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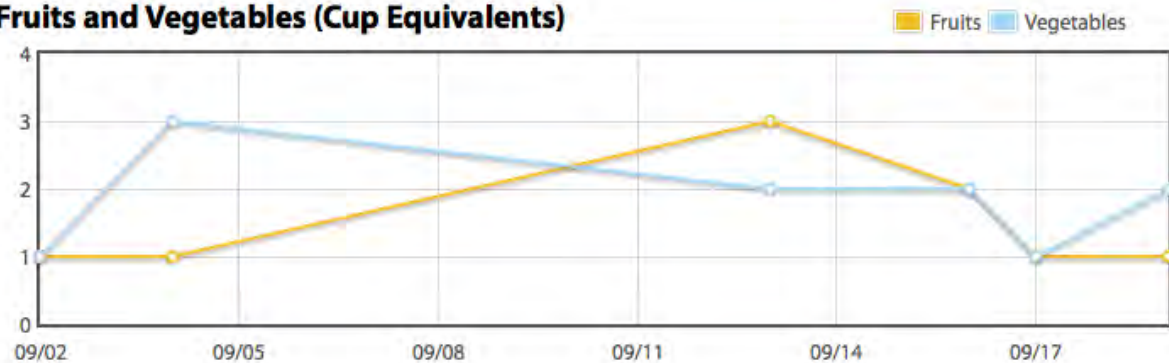
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Daily Tracker - Graphing

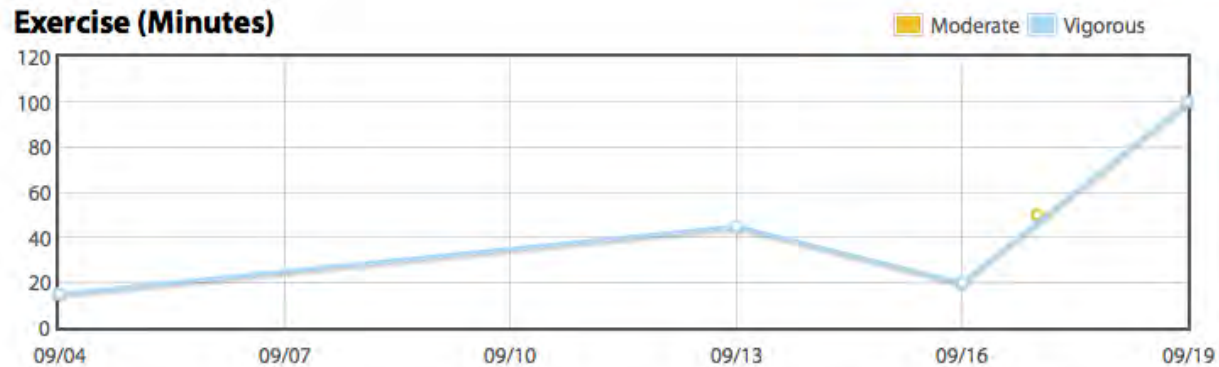
Weight (Pounds)



Fruits and Vegetables (Cup Equivalents)



Exercise (Minutes)




Incentives and Engagement

Your Points This Week	
<u>Set This Week's Goals</u>	0
Report Last Week's Goals	10
<u>Answer a Home Page Quiz</u>	0
<u>Answer a Health Note Quiz</u>	0
<u>Log with the Tracking Tool</u>	0
<u>Send a Support Message</u>	0
Points so far in December: 30	

Earning Points = Participating in Program = Preventing Diabetes

Points earned	% who lowered their A1c
Less than 600	50%
600 to 1300	70%
1400 or more	95%



My Points

Leader Board

About Challenges

Total Points

140

Points from setting goals:40

Points from reporting goals:20

Points from accomplishing goals:20

Points from answering home page quizzes:20

Points from answering health note quizzes:0

Points from logging with the tracking tool:0


Points from sending support messages:40

Points from completing questionnaires:0

Points from having your blood drawn:0

Set your point preferences:

Choose to keep the points for yourself or donate them to the Prevention Pennies piggy bank.



Points earned by week

Week 5.....60

Week 4.....0

Week 3.....40

Week 2.....0

Week 1.....40

Point Values

Set This Week's Goals



20

Report Last Week's Goals



10

Accomplish Last Week's Goals



20

Answer a Home Page Quiz



10

Answer a Health Note Quiz



5

Log with the Tracking Tool



10

Send a Support Message



20

Complete a Questionnaire



100

Have your Blood Drawn



100

Look who else is on the road to success, Gladys!

Fast Forward
to Next Week

Home

My Goals

My Points

Messages

Health Notes

Support

Tools

Settings

My Points

Leader Board

About
Challenges

Monthly Drawing Leaderboard

Your Team: **Team Demo**

RANK	MEMBER	GOALS SET	GOALS MET	TOTAL POINTS
1	user2677	4	4	200
2	user2778	0	0	100
3	user2278	0	1	170
4	Annie	5	7	350
5	user2327	2	0	160

POINTS THIS MONTH
100
100
30
20
0



You Can Do It, Gladys!

Fast Forward
to Next Week

Home

My Goals

My Points

Messages

Health Notes

Support

Tools

Settings



160 min

Activity Plan



182 lbs

Log Weight



Inbox (2)

170

My Points



6775

Prevention
Pennies



LEAD TEAM
TEAM A

Leaderboard

A Message from
Alive-PD

It's not "just" a
time to exercise!
Think of it as a
time to: *Be with
a friend; *Be



End of Walk-Through

- Questions about the program?

Summary

- 1 in 3 adults has pre-diabetes
 - Most will progress to diabetes
 - Diabetes costs 2.3 x in medical costs, and \$69 Billion in lost productivity
- Our randomized trial showed that Alive-PD can
 - Reduce chance of diabetes
 - Improve diet, activity
 - Improve wellness and productivity
- Because it is fully automated, it can be offered at much lower cost

Cost

- \$50 - \$100 per person for 1-year program
- Pay-for-performance pricing structure possible.

Contacts

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- 510-301-2984

- **Palo Alto Medical Foundation Research Inst:**

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- Kristen Azar: azark@sutterhealth.org

end