



Dear [Patient First Name],

Thank you for your interest in the **Diabetes Prevention Program (DPP)**. We are delighted that you wish to take control of your health to help you live a happier, more fulfilled life!

The **Diabetes Prevention Program (DPP)** is a national lifestyle change program that will teach you how to prevent type 2 diabetes. Because people with prediabetes can reduce their disease risk through modest weight loss, this program focuses on having you lose 5 to 7 percent of your body weight.

Group classes focus on making small changes such as improving food choices, increasing physical activity, and managing stress -- all designed to help you lose weight.

According to the American Psychological Association, a group approach makes it easier to stick with a weight loss plan. By "joining the club" of DPP, you will find it easier to achieve your goals.

As a Lifestyle Coach, I teach sessions that will help you learn the skills to:

- *improve food choices*
- *be more physically active*
- *manage stress*
- *lose weight*

Even though this program is a major commitment, the benefits have been proven to last. Even after ten years, those who participated in this program had a 34% lower rate of type 2 diabetes, and 40% maintained their weight loss associated with the risk reduction. (*Source: National Diabetes Information Clearinghouse*)

Once you have completed the sixteen week sessions, you will be encouraged to participate in maintenance classes for six months.

Our first class is scheduled to begin on _____ at _____. We hope you will join us!

Please do not hesitate to contact me if you have questions or concerns. More information about the program may be found at: www.FLdiabetesprevention.com

We know that making healthy choices can be difficult. Through this program, I will help you make positive changes that will lead to a healthier and happier life for you and your loved ones.

Sincerely,

NAME OF LIFESTYLE COACH
Contact Information