



Date

Dear [Patient First Name],

I am delighted you participated in the **Diabetes Prevention Program (DPP)**. Congratulations on learning how to make small lifestyle changes to reduce your risk for type 2 diabetes!

As you know, the DPP is a national lifestyle change program that focuses on learning new skills that help you to improve food choices, be more physically active, manage stress and lose weight. We hope that by “joining the club” with others in your group, you have found it easier to stick to your goals.

Even though I realize that the program was 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*)

As a physician, I receive great personal satisfaction in helping my patients prevent disease. It is for that reason that I am so pleased that you participated in this highly successful program.

Please let me know if I may help you in any way on your personal journey to a happier, healthier life.

Again, congratulations on your success in taking control of your health to beat prediabetes!

Sincerely,

NAME OF PHYSICIAN  
Contact Information