

# Retrofit Diabetes Prevention Program

## PROGRAM OVERVIEW

Retrofit is a virtual lifestyle change program with convenient, easy-to-use technology and expert coaching so individuals can get healthier and achieve their goals. The program is designed to help participants lose weight, get more physically active and reduce their risk of type II diabetes.

## PROGRAM COMPONENTS



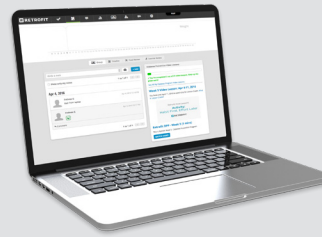
### WEEKLY DIABETES PREVENTION CLASSES

- Online videos that can be watched via phone or computer, anytime, anywhere
- Taught by Retrofit expert coaches
- Master's level exercise physiologists, nutritionists and behavior coaches



### SUITE OF DIGITAL TOOLS

- Wireless scale
- Activity tracker
- Mobile app
- Online dashboard



### EXPERT-MODERATED ONLINE COMMUNITY

- Made up of 10-15 participants focusing on pre-diabetes
- Led by Retrofit expert coaches



### TWO, PRIVATE 1:1 COACHING SESSIONS VIA VIDEO CALL WITH THEIR RETROFIT EXPERT

- Unlimited one on one messaging with their coach

## HOW IT WORKS

Participants will attend the first class via video conference so they can meet their coach and the fellow participants that will make up their community. They will watch future class videos on their phone or computer at the time and place of their choosing each week.

Our technology makes the Retrofit experience easy. When enrolled in Retrofit, participants receive a digital scale and activity tracker. These devices send data directly to their coach via our secure website. They will also receive a dashboard for their computer and app for their phone making it easy to track their progress and communicate with their coach and community anytime, anywhere.



Someone who is...	Identifying questions	Retrofit
Ready to make a change	<ul style="list-style-type: none"> <li>• Are you ready to get started living a healthier lifestyle?</li> <li>• Are you willing to commit to a 52 week program?</li> <li>• Are you able to commit a few hours each week to improving your health?</li> </ul>	✓
Comfortable with technology	<ul style="list-style-type: none"> <li>• Do you browse the web, check your email and/or send text messages from your smart phone at least once a day?</li> </ul>	✓
Looking for a convenient program that will fit easily into their lifestyle	<ul style="list-style-type: none"> <li>• Do you seek flexibility in a diabetes prevention program so that you can participate on your schedule from work, home or elsewhere?</li> </ul>	✓
Engaging socially with others in person or online	<ul style="list-style-type: none"> <li>• Do you enjoy participating in community groups like clubs or church groups, or chatting with others online via social media?</li> </ul>	✓
Relying on others for guidance	<ul style="list-style-type: none"> <li>• Do you rely on friends and family to hold you accountable?</li> <li>• Do you seek expert opinions in person or online?</li> </ul>	✓
Take charge of their health	<ul style="list-style-type: none"> <li>• Have you proactively managed other health issues?</li> <li>• Have you previously engaged in other self-improvement programs?</li> </ul>	✓