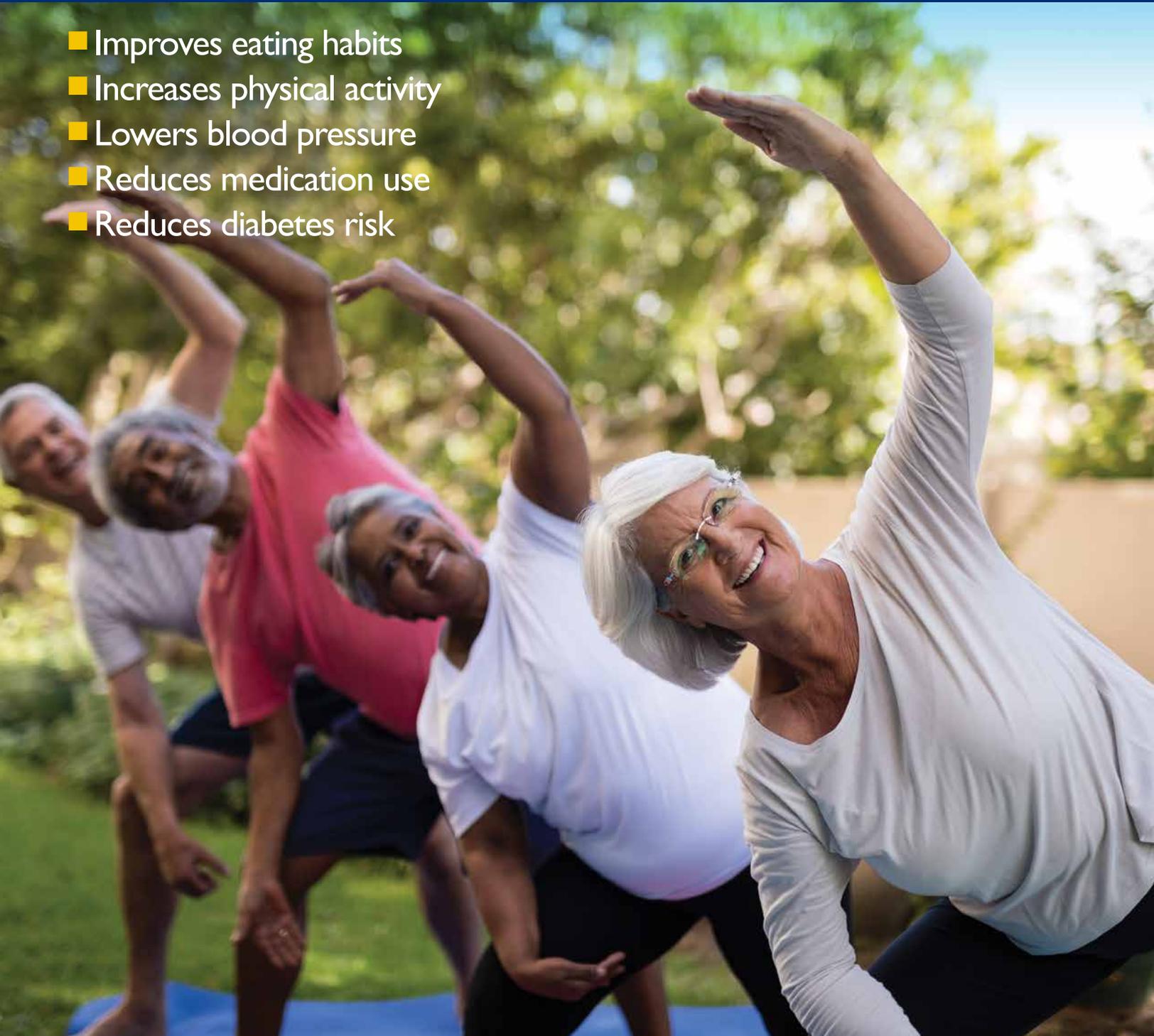


The logo for the Diabetes Action and Control Trial 2 (dact2). It features a stylized human figure in white and red, positioned above the lowercase letters 'dact' in white and a red '2'.

A Johns Hopkins Diabetes Prevention Program

- Improves eating habits
- Increases physical activity
- Lowers blood pressure
- Reduces medication use
- Reduces diabetes risk

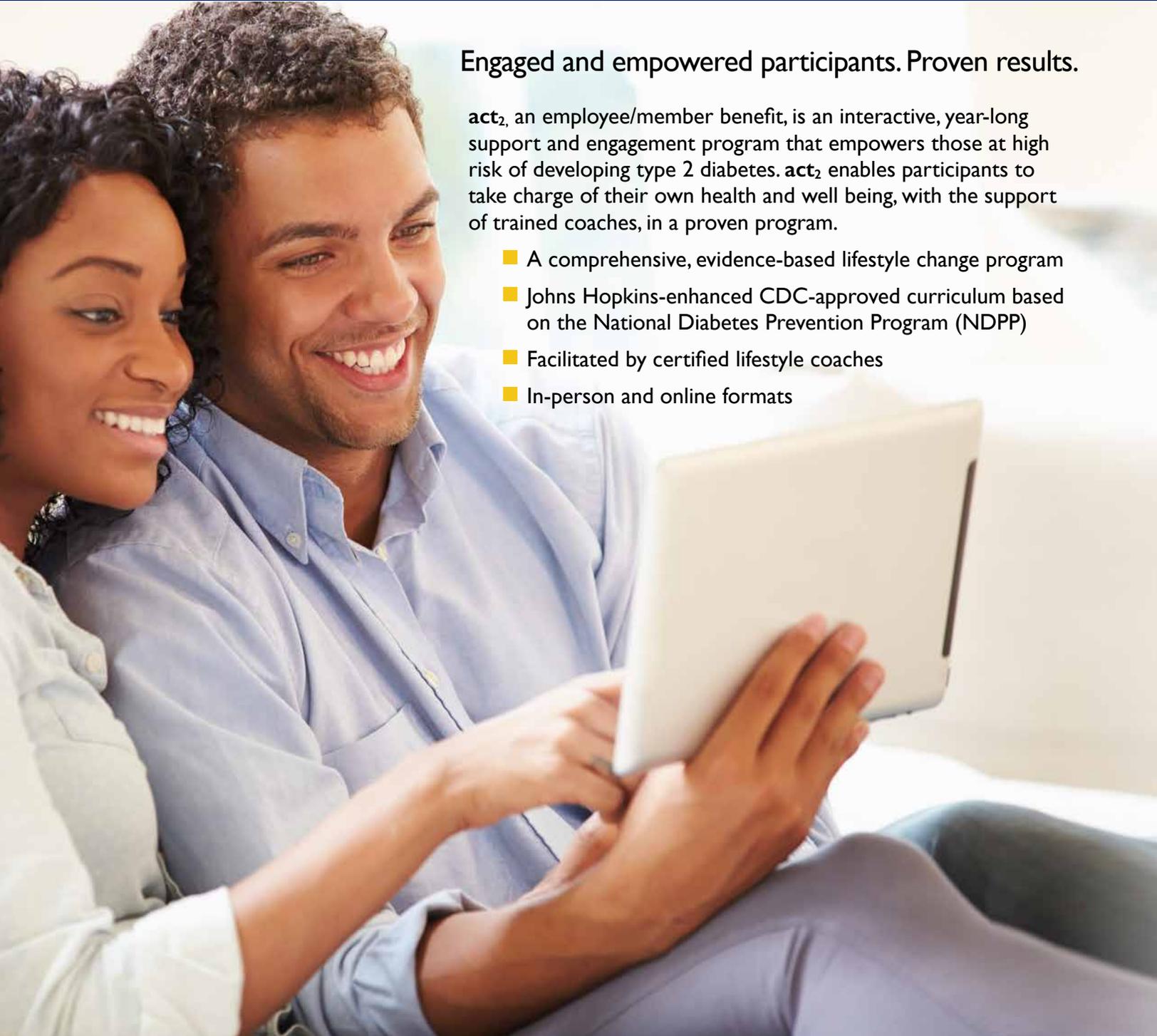


JOHNS HOPKINS
MEDICINE

HEALTHCARE
SOLUTIONS

What is **act₂**?

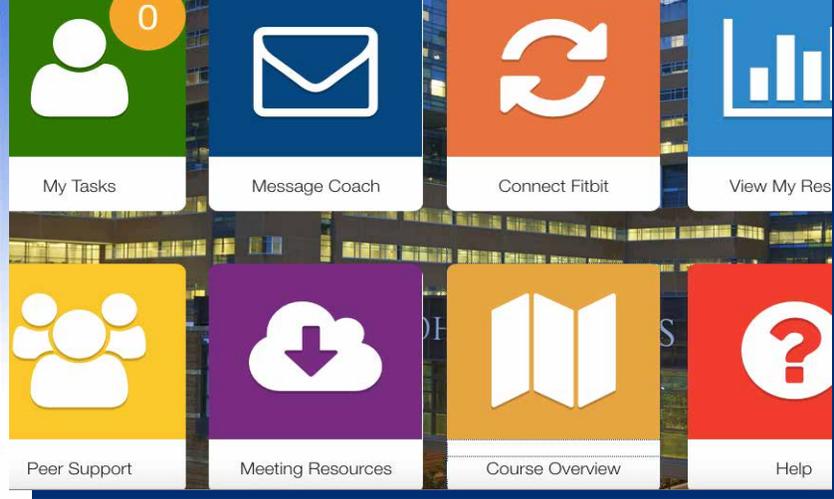
Act today to prevent type 2 diabetes



Engaged and empowered participants. Proven results.

act₂, an employee/member benefit, is an interactive, year-long support and engagement program that empowers those at high risk of developing type 2 diabetes. **act₂** enables participants to take charge of their own health and well being, with the support of trained coaches, in a proven program.

- A comprehensive, evidence-based lifestyle change program
- Johns Hopkins-enhanced CDC-approved curriculum based on the National Diabetes Prevention Program (NDPP)
- Facilitated by certified lifestyle coaches
- In-person and online formats



TECHNOLOGY

- Secure, website enables two-way communication between participants and coaches
- Participants digitally connect with devices or track manually
- Coaches use a web-based platform to easily track participant progress and manage their participant portfolio
- Participants are sent reminders by text and email

COMPONENTS

- Pre-assessment to gauge participant success and eligibility
- 32 structured learning modules for easy understanding
- Personalized guidance for enhanced learning
- Interactive and supportive online modules
- Reliable feedback from committed coaches
- Helpful resources to enhance self-monitoring skills and compliance

Diabetes Prevention Program (DPP) Outcomes*:



Participants cut risk of developing type 2 diabetes by 58 percent



Participants were able to lose 5 percent to 7 percent of their body weight through healthier eating and maintaining at least 150 minutes of physical activity weekly



Benefits extend long term—those in a diabetes prevention lifestyle-change program were one third less likely to develop type 2 diabetes after 10 years



Long-term potential cost savings in avoiding or delaying type 2 diabetes

*www.diabetes.niddk.nih.gov

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Katherine Michalski, R.D.N., is the director of intervention for the Johns Hopkins National Diabetes Prevention Programs and an expert in behavioral interventions to improve lifestyle. She was the lead interventionist at Johns Hopkins for the Diabetes Prevention Program randomized clinical trial.

For additional information visit **Healthy.Works/act2**

