



Impact Diabetes Prevention Study

Want to lose weight? At risk for diabetes?

If you are a benefits eligible OSU employee who is overweight and at risk for diabetes (based on glucose level), you may be eligible to take part in an important study focused on identifying the best educational program for *helping people lose weight and keep it off to prevent diabetes*.

Participants will receive:

YourPlan4Health points, lifestyle coaching, group support, tools and resources for a healthy lifestyle.

Interested in learning more?

We'd love to hear from you. **Call** 614-292-4772

Email diabetesimpactstudy@osu.edu

Visit us at u.osu.edu/impactstudy



THE OHIO STATE UNIVERSITY