

Lifestyle Coaching Resources for Your Prevent T2 Diabetes Prevention Program

Improve the Impact of Your Program and Productivity of Your Lifestyle Coaches

Presentation slides with instructor scripts and recorded movie presentations are included. Over 800 slides and 3-5 movie presentations with voice narrations for each of the 26 Prevent T2 sessions.



Podcasts with unique content reinforce the guidebook and movie presentations. One minute and five minute lengths are included in the library of over 100 podcasts.

A guidebook is available in ePub format. Over 600 pages, and 100,000 words with Prevent T2 participant workbook content integrated. Sessions include practical exercises, surveys, and supplemental content. 20-25 minutes of participant reading per week on average.



Lifestyle Coaching Resources Based on the CDC PreventT2 Program



Prevent T2 Lifestyle Coaching Framework

The Prevent T2 program provides the framework for all lifestyle coaching resources and is approved through CDC. Support face-to-face group, distance and virtual sessions with your participants. Spend more time focusing on individuals and less time creating program materials.



Coaching resources are designed for “plug-n-play” use on an ad hoc basis or a total package for your program delivery. Our audio and visual materials include:

- Presentation slides for 16 core topics and 10 maintenance phase topics
- Scripts for each slide
- Narrated videos for each presentation slide package
- Podcasts of key topics in 1-minute and 5-minute lengths
- Participant guidebook in ePub format. Guidebooks include supplemental content and practical exercises in addition to the Prevent T2 Participant Guide content.

Increase Program Impact

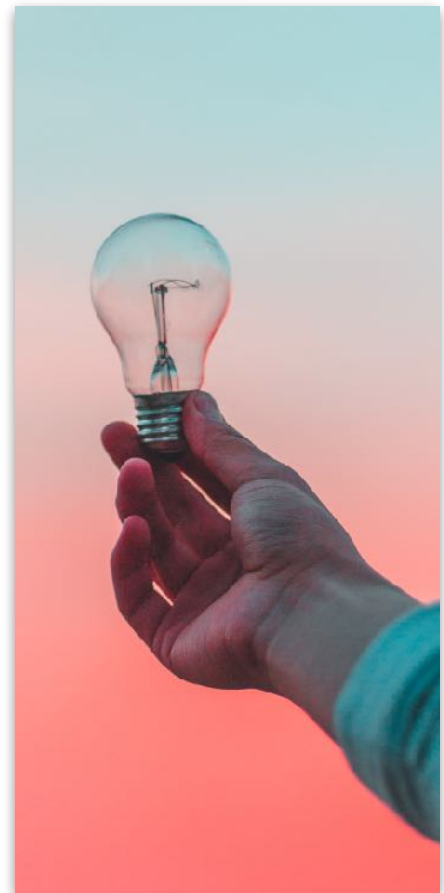
- Forward podcast links to keep your program top of mind for participants
- Send video presentations to participants for missed or make-up sessions
- Presentation slides allow for easy, efficient program development and new coach training, improving consistency
- The guidebook is a comprehensive resource with Prevent T2 and supplemental content





Participant input and feedback have shaped the BHaSH resources.

Every learning resource has been created for concise, crisp review by program participants. Narrated videos run 4-7 minutes per segment, with 3-5 segments per session topic. Slide narrations run 30-45 seconds per presentation slide. The ePub guidebook is organized by session and is designed for 20 minutes of reading time per session for participants with an average reading speed of 200-words per minute. Practical exercises help participants integrate content knowledge and problem solving into daily behavior change. The breadth of the Healthy Body Plans program is designed for the lifestyle coach.



Contact Us Today

info@HealthyBodyPlans.com - (833)933-BODY (2639)

Find A Solution for Your Program Today

Creating Participant Content for Missed Sessions

- Video presentation movies capture the highlights of each session
- Electronic guidebook content for every session
- Podcasts allow for participant review for car, phone, walking review

Improving Healthy Habits Between Group Meetings

- Forward resources for participants after group sessions to access on-demand
- Distribute daily podcast link via phone or email
- Lifestyle coaches can review practical exercises with participants

Develop Session Review Materials for Participants

- 1-hour of interactive content available for each session
- Various formats for preferred learning styles (audio, print, visual)
- CDC Participant Guide content is integrated into the guidebook
- Session newsletter format delivers click-through access to review materials

Send Short Tips and Hints to Participants

- Video presentation movies are 4-7 minute clips
- 1-minute shorty podcasts or 5-minute hot topic podcasts
- Print content with bullet point hints
- All resources are available for electronic distribution and access

Provide a Guidebook for Participants Who Want to Read

- All 26 sessions are covered
- Each chapter includes approximately 20-minutes of reading
- Electronic formats in Adobe-pdf or ePub for desktop or phone
- CDC personal stories are included in chapters
- Color and photo's improve readability

Increase Coach Consistency with Slides & Scripts

- Presentation slides and scripts improve consistency between coaches

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Coaching BHaSH Resources for All Sessions

Presentation Slides

- Each core and maintenance session averages 24 slides with script
- Slide sets are organized into 5-7 total minutes of delivery time
- Three to five slide sets are available for each session
- Slides are available in Adobe pdf format for easy projection or printing
- Master set available with suggested scripts on each slide

Video Presentations

- Narrated slide presentations recorded in MP4 format
- Video presentation narrations follow the presentation script
- Deliver to participants as a comprehensive resource or pick segments to augment your lifestyle coach interactions

Podcasts

- Podcasts highlight key concepts and topics from each session
- Over 100 shorty podcasts of under 2 minutes each
- Hot podcast topics of 5 minutes each (75 and new topics every month)

Participant Guidebook

- The Prevent T2 Participant Guide content is integrated into the workbook
- Organized into 26 ePub sessions
- Supplemental content and practical exercises included
- Content averages 4,000 words per session
- License for all participants, or optional individual participant purchase
- 26 Sessions, >100,000 words

Licensing Options

Podcast library	\$ 99
Slides and scripts	\$499
Video presentations	\$999
Participant guidebooks	Retail \$14.99 each Volume pricing as low as \$4.95/book



Introductory Offer

License the video presentations then the slides & podcasts are included at no charge.
(All for less than \$40 per complete session)

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