

Frequently Asked Questions (FAQs)

UW Health Lifestyle Change Programming

What is the Prevent T2 Curriculum?

“The PreventT2 curriculum, launched in March 2016, is based on the original 2002 Diabetes Prevention Program (DPP) trial and follow-up studies for the prevention of type 2 diabetes (T2). This curriculum still promotes modest weight loss (5%-7% of current weight if overweight or obese) and increased physical activity through a 12-month lifestyle change program. The curriculum also reflects new literature on self-efficacy, physical activity, and diet.”
The curriculum is available on the National DPP website at [Curricula and Handouts](#).

Why was the Prevent T2 Curriculum selected?

This evidence-based curriculum is used in a variety of diverse populations with strong acceptance. It is focused on small sustainable changes for whole health. It embraces diversity in food choices, habits and lifestyles. It is focused on a variety of outcomes focused on Chronic Disease Prevention including changes in:

- Physical Activity
- Fiber and Fat intake
- Body Composition and Weight
- Blood Sugar and Hemoglobin
- Blood Cholesterol

What is the program like?

The Lifestyle Change Programming supports a Health At Every Size approach that looks internally for markers of lifestyle change which come through small steps towards achieving and maintaining a healthier lifestyle as it pertains to nutrition, activity, sleep and emotional and social well-being.

What type of commitment is involved?

The Lifestyle Change Programming is a year-long commitment with weekly classes for the first 16 weeks followed by a transition period of every other week for the following 12 weeks. The final four months of the program require a monthly meeting. All meetings will be hosted virtually until UW Health approves community learners back on campus.

Will my information be kept confidential?

The Lifestyle Change programming upholds and maintains all patient privacy and patient confidentiality policies and procedures established by UW Health. Class members are encouraged to share openly within the group classes based on their personal comfort level.

Combined results of all participants will be reviewed to measure the success of the lifestyle change programming on a regular basis.

What do I need to monitor?

Class members may be asked to monitor or track their:

- Daily Food Intake (Time, Foods Eaten, Portions and Nutrients)
- Weekly Physical Activity
- Weekly Weight (as they feel comfortable doing so)

What's the Attendance Policy?

We require attendance at 60% of sessions within the first and the second half of the program because the evidence supports greater success with greater attendance. Participants are asked to attend at least 9 sessions in months 1-6, and at least 3 sessions in months 7-12.

What happens if I miss a class?

Make-up sessions will be hosted virtually and consistent with the distance learning method. Only one make-up session will be available on the same day of regularly scheduled classes. Participants are only able to attend one make-up session each week.

Missed classes must be made up as follows:

- 1) Missed core sessions must be made up within months 1-6,
- 2) missed core maintenance sessions must be made up in months 7-12.

How can I access the class remotely?

Classes will be hosted on the Vidyo platform. All participants will be distributed a secure URL or link which they can access within an approved web browser such as Internet Explorer™ or Google Chrome™

Is there an in-person option?

UW Health is approved to offer two modes of delivery for the Lifestyle Change Programming:

- Blended (In-person and Distance Learning)
- Virtual (Distance Learning)

Given present safer at home orders amidst the global COVID-19 pandemic, all classes will be held virtually via distance learning methods until further notice.

Can my partner attend?

We encourage the attendance of social support including participant partners. We want the support individuals to recognize their role as secondary participants and to not interfere with the engagement, learning and growth of the primary participants enrolled in the Lifestyle Change Programming.

How much does the program cost?

The present cost of the Lifestyle Change Program is \$250 for Quartz Members. For non-Quartz members, or individuals with all other insurance, the cost is \$1,000 (\$37/class), which is due in full at the start of the program.

Some patients may also be eligible to apply Wellness points or credits towards this programming. We encourage all participants to contact their insurance providers for specific details regarding coverage and reimbursement for participation in a longitudinal lifestyle change program or diabetes prevention program.

This program is recognized by FSA and HSA vendors. In order to seek reimbursement for the programming expense, participants must have a physician referral on file.