



An interactive text messaging program designed to help all Rhode Islanders be their best for themselves and their families

Rhode Islanders 18 years of age and older can participate for up to 6 months. Individuals who are currently pregnant or have been diagnosed with diabetes are not eligible.

Everyone who takes part will be entered into a random drawing every 10 days for up to \$100 in gift cards. The first 416 people to sign up will earn up to \$50 in gift cards.

Available in both English and Spanish, bRight communities assesses readiness and unmet social needs and provides customized tips on how to eat healthy, exercise regularly, and overcome barriers to being healthy (e.g., food insecurity, transportation). bRight communities also administers the Prediabetes Risk Screening Test to identify the more than 80% of adults at risk for prediabetes who are unaware that they are at risk.

**Interested participants can learn more at
prochange.com/bright**

How does it work?

After you answer the initial questions, we'll send you a text message tip every day or every other day for 30 days. Every 10 days, we'll text you a few more brief questions (like how much exercise you get) so we can tailor your messages for you. If you decide to continue, we'll update your feedback every 10 days.

Who is behind bRight communities?

Pro-Change Behavior Systems, a small, woman-owned Rhode Island company, developed it with advice from fellow Rhode Islanders and community health experts and funding from the CDC.

**Text
BRIGHT to
(401) 251-0169**