



Engage Your Participants with an Online Tool from the National DPP

The Personal Success Tool (PST) can help you keep participants engaged and active even when they can't come to in-person sessions.

As a coach, we know you build relationships with your participants and help them set a course for a healthier life.

The PST can help by:

- featuring easy to use online modules that are available anytime, anywhere
- offering motivating videos, quizzes, and pledges for your participants
- providing resources and information you can trust – after all, the PST was developed with input from coaches like you

Where do you begin?

The Lifestyle Coach's Guide offers an overview and 4 Easy Steps to getting started.

There is also a Scheduling Tool, Talking Points, and a Participant Overview.

**NATIONAL
DIABETES
PREVENTION
PROGRAM**

**PERSONAL
SUCCESS TOOL**
Lifestyle Coach's Guide

THE EVIDENCE IS IN

People who regularly come to National DPP lifestyle change program (LCP) sessions and stay committed from start to finish are **more likely to be successful in losing weight and lowering their risk of type 2 diabetes.**

Your coaching skills and enthusiasm keep participants coming back and encourages them to stick with the LCP. Still, some people drop off when "life gets in the way." The National DPP Personal Success Tool, a new web-based resource, is designed to be there for participants when you can't be—to help them renew their commitments and feel encouraged.

WHAT IS THE PERSONAL SUCCESS TOOL?

The Personal Success Tool (PST) is a web-based resource for lifestyle coaches to use with their participants. Each of the modules reinforces LCP content in a timely way.

- You'll send your participants links to the modules, one at a time, to match the session topics covered in your LCP.
- The PST can be accessed on smartphones (iPhone and Android), tablets, or computers.
- Participants will find encouraging messages, responses tailored for them, plus quizzes, games, and pledges they can create for themselves. They can personalize the pledges and print a copy of each to sign and keep as a reminder of their commitments.

WHEN TO USE THE PERSONAL SUCCESS TOOL

The PST is designed to follow the order of the PreventT2 curriculum, but you can use it with any CDC-recognized LCP curriculum. If you use PreventT2, the Quick Reference Guide found in the list of PST resources, shows the order in which you can send each of the PST modules and topics.

You do not need to follow the module order listed in this guide. Make sure to send the same topic of the Personal Success Tool modules as the session topic you covered in class. Use the Quick Reference Guide to help you plan when to send each link and what messages to include.

Consider sending the relevant link to each module a few days after class. Some lifestyle coaches find that it's better to send the link later in the week, when participants need reinforcement of what they learned in class. Don't send the link out too soon! Halfway between the weekly sessions is perfect to help reinforce what they learned in class. Make the time consistent so participants will be on the lookout.

U.S. Department of Health and Human Services
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