



# Your Telehealth Platform for the National Diabetes Prevention Program

August 2020

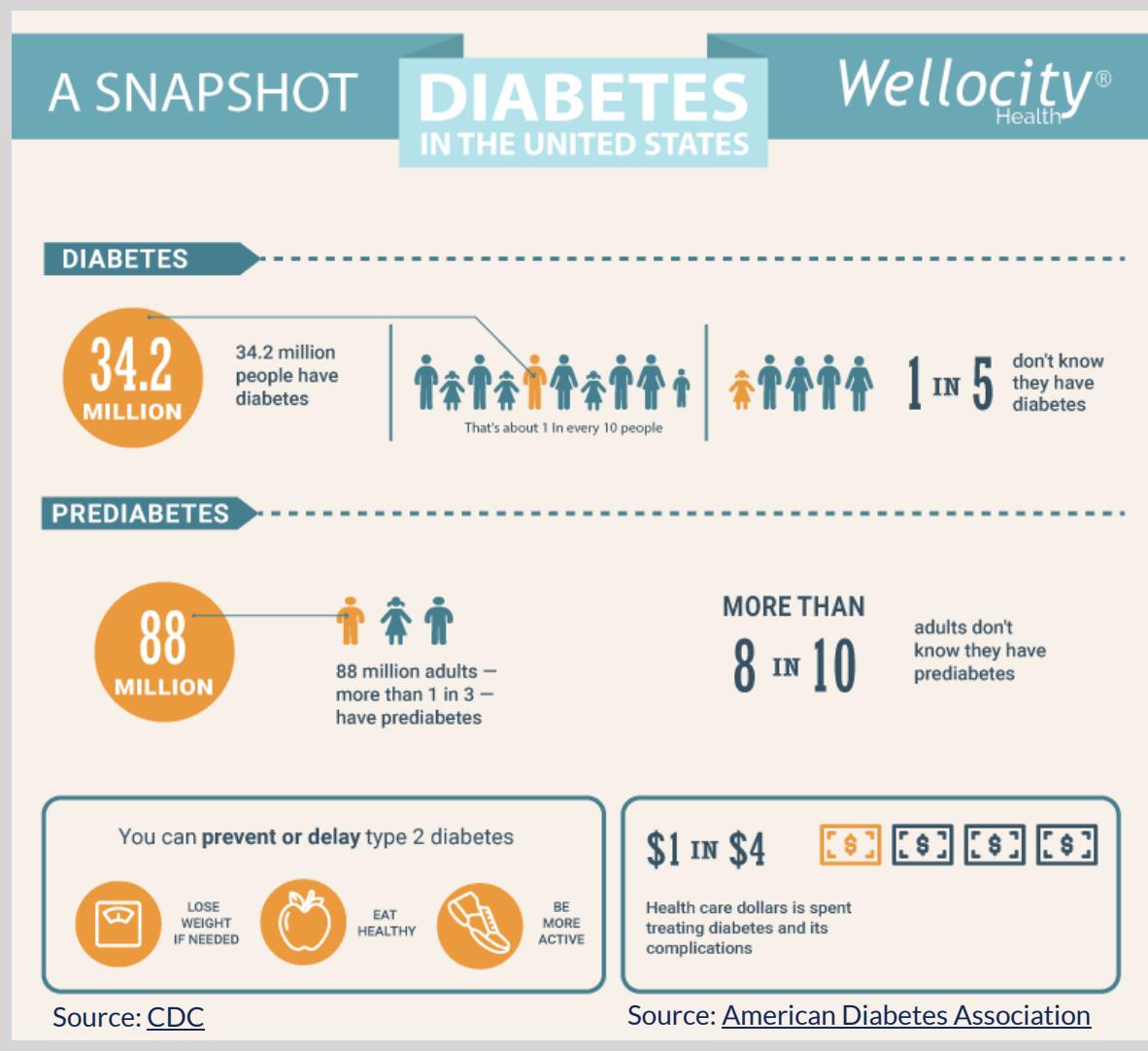


# Welcome to Wellocity!

The mission of Wellocity is to deliver a secure telehealth platform to power the National Diabetes Prevention Program (National DPP) and provide participants convenient access to personalized programs from anywhere via their mobile device or computer to fit within a busy lifestyle and prevent type 2 diabetes.

## About the National Diabetes Prevention Program

The NDPP was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. This nationally-recognized program is the only of its kind to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes in communities across the United States. A key part of the National DPP is a lifestyle change program that includes a trained lifestyle coach, a CDC-approved curriculum, and group support over the course of a year. The National DPP puts in place all the elements needed for large-scale implementation of this effective lifestyle intervention across the nation to reduce the incidence of type 2 diabetes. (Source: CDC)





# The Problem

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in half. (Source: [CDC](#)). Additionally, data shows people with diagnosed diabetes incur average medical expenditures of \$16,752 per year, of which about \$9,601 is attributed to diabetes (source: [American Diabetes Association](#)). Diabetes among Americans costs U.S. employers \$16 billion annually. (Source: [Sharecare-Gallup Wellbeing index](#))

The solution to the high medical costs and serious health implications can certainly be found in the NDPP, however, approximately 90% of CDC recognized diabetes prevention programs are offered as in person-only classes. (Source: [Wellocity Health](#))

This creates a significant gap in care as many individuals may not have the ability to attend in-person classes due to scheduling, location, convenience, and unforeseen circumstances.



# The Solution: Wellocity

Wellocity is a HIPAA Compliant telehealth platform that was built to increase access to the National Diabetes Prevention Program (NDPP) for people at risk for prediabetes and type 2 diabetes.

Participants can access their personalized program anywhere at any time.

A recent study from the American Journal of Preventive Medicine showed that an intensive, multifaceted online DPP program had higher participation but similar weight loss compared to an in-person diabetes prevention program.



# Benefits to the Participant

1

**A More Convenient Way to Achieve Better Health:** Participants and lifestyle coaches can access the program/classes from anywhere via their mobile device or computer adding ease to busy schedules. People with prediabetes who take part in the program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

2

**A Community of Support at Your Fingertips:** Health obstacles, such as not knowing what to choose at a restaurant or needing motivation to exercise, often occur outside of a structured group setting. Wellocity's app provides participants the benefit of connecting with their community and receiving help with these obstacles at any time of day and in any situation.

3

**Access to Resources 24/7:** Participants and coaches have access to the Wellocity app, online platform, secure messaging, quizzes, assessments, calendar, DPP community, challenges, thousands of recipes, training resources for lifestyle coaches, and the ability to track their exercise, goals, nutrition, and more all at their fingertips.



# Benefits to the Client

1

**Complete NDPP Solution + Coach Portal Telehealth Integration:** Wellocity not only provides a platform to support a best in class program, the NDPP, but also meets many telehealth delivery requirements for Medicare and the Diabetes Prevention Recognition Program (DPRP). The platform helps clients meet the security and ease of use requirements that employers, payers, and providers seek in an online program.

2

**Increased Engagement:** The Wellocity app offers highly effective tools to keep participants engaged between sessions and prompt action by lifestyle coaches to engage participants when they may be losing motivation, such as secure messaging with the coach, community support, activity challenges, goal setting, and healthy recipes.

3

**Lower Maintenance and Management:** Only offering in person classes can not only be inconvenient for the participants, but also the program coordinator/client. It is often difficult to find an appropriate space for meetings at suitable times. A virtual or telehealth program eliminates these barriers and allows the focus to be on what matters, creating a healthy lifestyle to prevent type 2 diabetes.



# How it Works

- 1 Client agrees to work with Wellocity and signs a contract.
- 2 Wellocity signs a BAA.
- 3 Wellocity onboards the client and sends coach portal credentials to the program administrator who then invites lifestyle coaches via email with instructions for accessing the platform.
- 4 Wellocity creates the individual cohorts per the administrator's request and sets up the individualized program on the backend of the platform.
- 5 Participants visit a branded landing page showing the benefits of the program, as well as have access to a sign-up page where they can register for the program.
- 6 Participants and coaches can begin and have total access to the DPP virtually or with telehealth via the Wellocity platform!



# Explore the Platform

## Participants

Participants access their individualized DPP program through the Wellocity app. When inside the app or the participant portal, features available to participants include:

### Community

Participants can chat with others in their DPP cohort via a chat board in the app.

### Guidance

This section of the app provides helpful tips in the form of articles and videos for healthy eating, activity, and motivation. This is also where members will join their telehealth sessions and view the Prevent T2 curriculum and the program calendar.

### Dashboard

Participants can track their exercise, nutrition, and weight in the dashboard. They have access to thousands of foods and nutrition information through the Edamam database. In the dashboard, participants can also set goals and join challenges.

### Newsfeed

This section provides participants with the latest and greatest trends in healthy lifestyle changes via articles.

### Secure Messaging

Participants can send text and pictures to their coach within the app via the HIPAA-compliant secure messaging feature. This provides accountability for the participant and even more personalization to the program.



# Explore the Platform

## Coaches

Coaches can enter the coaching platform via app or computer. Upon entering the coaching platform, they can choose from the groups they are leading and have access to the following features for each cohort:

### Dashboard

Provides a snapshot of activity such as enrolled participants, active participants, participants who have dropped out, length of current DPP program, and group percent weight loss, and participants weekly physical activity minutes.

### Participant Information

Coaches can see contact information for each participant, engagement data, participants' food, exercise, and weight loss as well as historical coaching notes.

### Sessions Calendar and Activity

Information about upcoming sessions and previous sessions can be found in this section. This is where sessions are scheduled per the DPRP standard and started.

### Training

A comprehensive library provides training videos and reading materials on all aspects of the Wellocity platform.

### Support Center

Resources for troubleshooting issues can be found right inside the platform, as well as access to submitting tickets for issues that can't be solved with the support provided.



# Privacy

Privacy and security are very important to a client and its' members, which is why we take these issues very seriously at Wellocity and make them a priority.

Wellocity Health offers a comprehensive HIPAA compliant platform and a BAA that covers mHealth apps, coach portals, messaging, telehealth and intake forms. NDPP participants are not required to download any additional apps to participate in their virtual or telehealth DPP program.



## Ready to Get Started?

Send an email to [NDPP@wellocitywellness.com](mailto:NDPP@wellocitywellness.com) including details about your organization and needs or visit <https://wellocitywellness.com> to request a demo.