

### 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.



## 4 EASY STEPS TO HELP PARTICIPANTS USE THE PERSONAL SUCCESS TOOL

### 1 Try the PST yourself.

Before the first session, you may want to:

- Review each module, try the interactive features.
- Make sure to view the videos (in the first module).
- Familiarize yourself with the three customizable pledges.

### 2 Introduce the PST during session 1.

You can hand out the Participant Overview document so participants know what to expect from the PST. The Talking Points document can help you introduce the PST. You may want to mention:

- “The Personal Success Tool is a web-based tool to help you stick with the program.”
- “It’s easy to access on a smartphone, tablet, laptop, or desktop computer. Use it to watch videos of program participants like you and create a pledge.”
- “Over the next few weeks, I will email or text you a link to a new module that will help you put into practice what you’ve learned in the sessions.”
- “Each module only takes a few minutes.”
- You can show a module in class using a tablet, laptop, or projector to help participants see how easy it is to use.

### 3 Tailor and send text or email prompts with links to new modules, as scheduled.

- Use the Quick Reference Guide ([found in the list of PST resources](#))\* to help you plan when to send each link. It also contains optional messages to send with the link after each corresponding session.
- It may be easiest to set up calendar reminders ahead of time to remind you to send out the link to each module.
- To protect participants’ privacy, put participants’ email addresses in the BCC line. For texting, send a separate text to each participant—not to a group.

### 4 Be ready to help participants who use the PST.

- Ask participants about their experiences with the PST.
- You can help increase everyone’s confidence if you encourage the “early adopters” to help with problem-solving for group members who may have found the PST challenging.

## WHAT THIS TOOL MEANS FOR YOU

As a lifestyle coach, you recognize the value of encouraging words, interactive exercises, timely prompts, and tailored messages.

This tool is designed to offer participants a positive experience and provide tips and information to support key sessions. You can be confident this tool is based on evidence and behavioral science principles. Participants like yours helped test and refine the modules. We expect that participants who use the PST may overcome the challenges that cause some participants to drop out.

Consider how participants may respond to the PST, what questions they may have, and what obstacles you can help them overcome. They have signed up for the LCP because they want to succeed. This tool is one more way to help participants reach their goals. Your comfort with the PST will make it easier for them to use it.

*“In the first class, ask people whether they prefer to get the PST by text or email.”*

*“Watch out for typos in the PST links -- copy, don’t type! I usually copy and paste links into an email on my laptop, send it to my phone, then copy it into a text.”*

*“Get participants who are using the PST to talk about what they like about the tool and what was most helpful.”*

\* All PST resources are available at [www.cdc.gov/diabetes/prevention/resources/personal-success-tool-pst.html](http://www.cdc.gov/diabetes/prevention/resources/personal-success-tool-pst.html).