**NPO Distance Learning**

**Diabetes Prevention Program:**

**FAQ**

1. **Why is the program a full year?**
	1. Research shows that a full year of help to make small changes over time with the support to allow those changes to become habit is most successful for long term results
	2. At the end of a year you will have committed to 23 hours of your time to reduce your risk of developing diabetes.
2. **What does “Distance Learning” mean?**
	1. Distance learning means that the program is delivered online through interactive “zoom like” meetings where participants can see each other, and the coach can see participants
	2. These meetings talk about the lifestyle changes that help you reduce your risk of diabetes
	3. The meetings are supplemented with tools and learning done through the app that help you change habits slowly over time.
	4. In order to participate with the program having a smart phone or tablet is essential
	5. Outside of the meetings, your primary mode of communication will be email and discussion boards through the app
	6. **IMPORTANT**: Spending 15 minutes/ day on the activities and communication with your coach and other participant is critical for your success.
3. **When are the sessions and how will I access them?**
	1. Session dates for the full year are available in a handout called the Session Schedule that you can provide the patient.
	2. Participants will receive notices via email and through the app which remind them about upcoming sessions and provide links to access.
	3. Participants can attend the Zoom like virtual meetings either via a desktop or through the app on a phone or tablet.
	4. Accessing on a computer will allow the screen to be bigger and more visible to the participant.
4. **What do I have to do next?**
	1. You will receive an email from Habit Nu asking you to complete your profile then download the Habit Nu app.
	2. Completing the profile allows you to verify your information and set a password.
	3. This password will allow you to sign into the Habit Nu App and start to familiarize yourself with the different functionality. This same login information will allow you to access the website from a computer.
5. **What is a “Session Zero”**
	1. This is a session where you learn a little more about the program before it starts to see if the program will be a good match for you and to make sure that you are ready to make the commitment to the program.
	2. You will have an opportunity to meet the other participants as well as your facilitator for the program in session Zero.
6. **How much does the program cost?**
	1. The cost to you as a participant through NPO and your primary care provider is nothing. These programs can cost upwards of $400 but we believe this is an important service to our patients that will help them reduce their risk of T2 Diabetes and we feel strongly enough about it that we wanted to make it free of charge.
	2. ***Your investment is about the time in the meetings and the additional 10-15 minutes/ day participating in group chats or watching the videos sent out.***
7. **Is my insurance being billed for this**?
	1. No. We do not collect any insurance information for that very reason.