Impact Diabetes Prevention Study

Want to lose weight? At risk for diabetes?
If you are a **benefits eligible OSU employee** who is **overweight** and **at risk for diabetes** (based on glucose level), you may be eligible to take part in an important study focused on identifying the best educational program for **helping people lose weight and keep it off to prevent diabetes**.

**Participants will receive:**
YourPlan4Health points, lifestyle coaching, group support, tools and resources for a healthy lifestyle.

**Interested in learning more?**
We’d love to hear from you. **Call** 614-292-4772
**Email** diabetesimpactstudy@osu.edu
**Visit** us at [u.osu.edu/impactstudy](http://u.osu.edu/impactstudy)