



Brook+: Diabetes Prevention That Works

Independent Health is providing you with a CDC-recognized Diabetes Prevention Program (DPP) in partnership with Brook, through a program called **Brook+**. The year-long program engages employees to create sustainable lifestyle changes, lose weight, and reduce their risk of developing type 2 diabetes.

A personalized, flexible program with demonstrated results, Brook+ provides access to lifestyle coaches, on-demand content, and connected devices to make it easy for employees to complete the program. There is no cost to the employee for this program.

Diabetes is a growing problem

- 88M adults have prediabetes
- 34.1M adults have diabetes
- 11.7% of Independent Health members progress from prediabetes to diabetes annually

Brook+ Proven Results

- 45% of active participants lose at least 5% of body weight and average 150 minutes of weekly activity
- Over 30,000 members enrolled since 2016
- Full CDC Recognition

On average, a member with diabetes costs \$10,100 more annually than a member with prediabetes.

Completing a CDC-recognized DPP reduces the risk of developing type 2 diabetes by 58% and has been shown to prevent or delay the onset of diabetes by approximately 3 years.

About the Brook+ Program

A variety of tools and resources are provided to all participants to help them achieve their goals and stay on track – both now, and upon completion of the program.

- Includes compatible wireless scale and fitness tracker
- Fully virtual, on-demand program accessible in-app or web-based
- 1:1 support from a personal health coach and member community
- Supplemental recipe videos & webinars above and beyond CDC required curriculum
- Optional easy transition to the Brook Personal Health Companion for continued support after program completion

Brook+ Experience

Getting Started: Participants are welcomed and provided an overview of the program. They meet their lifestyle coach and group, and receive a digital scale.

Weeks 1-16: Each week participants view short engaging videos, meet with their coach for one-on-one support, set personal goals, participate in group chat, and track food, activity, weight, and progress. Activity tracker sent to actively engaged participants.

Weeks 17-52: Participants review topics and build on skills covered in weeks 1-16 with their coach and in group chats, with a focus on maintaining healthy habits and overcoming challenges. Participants continue to track food, activity, weight, to see progress.

Curriculum Blocks:

- Eat the Foods You Love
- Overcoming Challenges
- Being Physically Active
- Staying Motivated
- Keys for Stress & Sleep



How to Access Brook+

Employees can take a quick online eligibility questionnaire & verify their Independent Health coverage anytime to get started. As a preventive service, there is **no cost to the employee** for this program.

For more information, please contact your Independent Health Account Manager