



November 1, 2020

Dear National Diabetes Prevention Program Stakeholder,

I am writing to invite your site, or those that you work with, to participate in an upcoming CDC-sponsored study assessing a new National Diabetes Prevention Program (National DPP) lifestyle change program (LCP) digital companion tool.

The CDC-Fresh Tri National DPP Study will research the impact of a neuroscience-based habit-formation app called Fresh Tri<sup>®</sup>, integrated with in-person or distance LCP delivery, to improve participant engagement, retention, and efficacy. Fresh Tri is one of the funded organizations in the InGEAR (Innovations to Grow Enrollment and Retention) applied research network supported by the CDC's Division of Diabetes Translation to increase enrollment and retention in the National DPP LCP.

Sites can earn a stipend of up to \$150 per enrolled participant and enjoy a free license to the software during the entire 12-month LCP. The study will enroll cohorts that begin in January 2021 and thereafter and last 6 months with minimal time requirements from the site.

I'd also like to introduce you to the principal investigator of the study, Kyra Bobinet, MD, MPH, Fresh Tri's founder and CEO. Dr. Bobinet is a Harvard-trained public health physician and behavior neuroscience expert who has spent the last 20 years helping disadvantaged people achieve lasting behavior change. We hope you'll join one of her free webinars to learn more about how sites can participate:

- Monday, Nov. 9 from 3:30pm - 4:30pm Eastern (register [here](#))
- Tuesday, Nov. 10 from 1:00pm - 2:00pm Eastern (register [here](#))
- Tuesday, Nov. 17 from 2:30pm - 3:30pm Eastern (register [here](#))

Fresh Tri uses both the Prevent T2 and 2012 CDC curricula, and enhances these with videos, recipes, and "hacks" to make healthy habits easier to build. The integrated approach we are testing is designed to support participants and unburden coaches, while improving program metrics for the better:

- Fresh Tri **engages and retains participants** by translating the National DPP LCP into a digital action plan — helping participants build new behaviors into lasting, everyday habits. Coaches can use Fresh Tri to streamline connections with and support of participants between sessions.
- The app will enable sites to **digitize data collection** — giving participants an easy logging solution and coaches a cohort-specific dashboard view to monitor participants' progress. It's easy to learn and easy to use.
- Fresh Tri will provide **detailed reporting** that administrators can use to monitor retention and efficacy for enhanced program performance and reimbursement.

To enroll your site in the study or if you have questions, please contact Zena at [zbelay@freshtri.com](mailto:zbelay@freshtri.com). Or, to learn more, sign up for one of Dr. Bobinet's webinars and bring your questions.

Thank you for all the important work you do to help National DPP LCP participants achieve better health!

Yours in health,

A handwritten signature in black ink that reads "BDSmith". The letters are cursive and somewhat stylized.

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