



Overweight and Physically Inactive Men and Women Needed!

UCSF Mobile Phone Based Diabetes Prevention Program



University of California
San Francisco

UCSF is conducting a study to compare two diabetes prevention programs using a pedometer and a mobile phone.

Free lifestyle counseling to prevent Type II Diabetes!
Free glucose testing!
\$80 Upon Completion of the Study



You may qualify if you:

- Are over 35 years of age
- Overweight and would like to lose weight
- Are not physically active
- Would like to be more physically active
- Have no disabilities that limit activity
- At **risk** for diabetes (high blood sugar)
- Do not currently have diabetes
- Have a family history of diabetes

You will be asked to:

- Wear a pedometer and use a mobile phone application EVERY DAY for 5 months!
- Complete 8 UCSF Research Office Visits
- Complete 2 Blood Draws

Please Contact Us If Interested: Call: **415-735-6377** Email: **mDPPStudy@ucsf.edu**

Motivational Diabetes

Prevention Study (mDPP).

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