



PROPEL IT is a study on how virtual health coaching may help Black adults with diabetes or prediabetes lose weight and keep it off. You may be eligible if you have an Ochsner Primary Care doctor.



Earn up to \$200 for participation. All study activities are remote (completed using your own computer, tablet, or cell phone).

Enrollment ends by March 2024 and space is limited, so enroll today!

Scan the QR code below to learn more:



Ochsner Health

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# PROPEL

Do you have diabetes and want to lose weight? The PROPEL IT study may be able to help you.



PROPEL IT is a 2-year program dedicated to finding the best ways to help patients at Ochsner Health in Louisiana lose weight and live healthier lifestyles.

You may qualify to participate in this study if you:

- ✓ Have an Ochsner Primary Care doctor and live in Louisiana
- ✓ Identify as Black or African American
- ✓ Have Type 2 Diabetes or Pre-Diabetes
- ✓ Are 40-70 years old
- ✓ BMI is 30-50 kg/m<sup>2</sup>
- ✓ Are not taking weight loss medication
- ✓ Have not had weight loss surgery
- ✓ Do not plan to have weight loss surgery in the next 2 years



If you join the study, you will be randomly assigned (like flipping a coin) to one of two study groups:

Lifestyle Change Intervention Group - you will meet with an Ochsner health coach over the phone once a week for the first 6 months of the program and once a month for the final 18 months. You will also have a “smart” scale delivered to your home.

Usual Care group - you will continue to receive routine medical care by your primary care doctor. You will also receive health related newsletters.

Participants in both groups will be asked to complete online health surveys about every 6 months. You will receive \$50 each time for a total of up to \$200.

See if you qualify for the study by filling out a consent and screening form. This process should take about 20 minutes to complete. Scan the QR code or visit:

[www.pbrc.edu/PROPEL-IT](http://www.pbrc.edu/PROPEL-IT)

