

### Preclinical encounter

Pedometer use for one week to track baseline steps

Brief behavior-change goals elicitation via survey

Prediabetes education video



### Clinical encounter

ADAPT tool in EHR to facilitate action plan counseling about behavior-change goals

Behavior-change props

Behavior-change prescription signed by provider and patient



### Postclinical encounter

Behavior-change samples

Implementation-intentions exercise via website

Weekly healthy behavior-change tips emails

Biweekly report of exercise and diet behavior-change activities with website tracking of personal progress and comparison to other study participants