

Recruit, consent, and randomize eligible physicians



Identify and recruit eligible patients

RA calls, screens, and consents participants



Baseline physical activity and survey assessment

Pedometers mailed, participants wear for one week and pedometers returned, participants answer survey

Intervention Group

Control Group

Participants select behavior-change goals

Administered by RA via survey the day before appointment



Study appointment (0, 3, 6 months)

Participants watch video with testimonials about prediabetes

Providers and patient negotiate behavior-change goals and reminded to check laboratory tests via EHR-embedded tool

Behavior-change props, samples, and prescription given

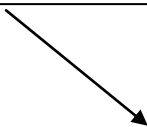


Website-based reminders (between visits)

Implementation-intentions exercise

Tailored reminders about behavior-change goals

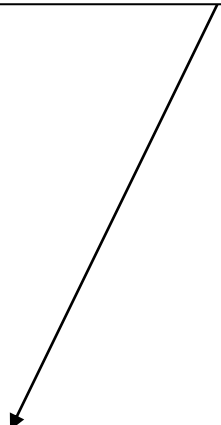
Frequent feedback about progress towards behavior goals with social comparisons



Study appointment (0, 3, 6 months)

Brochure about prediabetes given to participants

Providers reminded to check laboratory tests (A1C and fasting glucose)



Final physical activity and survey assessment

Participants wear pedometers for one week and pedometers returned, participants answer survey