The Fralin Biomedical Research Institute at VTC is recruiting adults with type 2 diabetes for an entirely remote research study. The program will help individuals lose weight, adopt a healthy lifestyle, and study the most effective motivational strategies for successful weight loss.

Remote participation in this program involves:

- Dietary and lifestyle coaching
- Behavioral intervention
- 90 minute average weekly commitment
- Zoom assessments of blood sugar, diet, medication use, physical activity, and decision-making

You will receive:

- Access to a diabetes management program
- $215 compensation for completion of all study procedures

Find out if you're eligible!
Screen online at:

https://redcap.vtc.vt.edu/surveys/?s=93HWTEW918&recruitment_source=CHBR&site=chbr_website

healthyhabits@vtc.vt.edu
(540) 525-7805

IRB #21-440