

# TYPE 2 DIABETES WEIGHT LOSS PROGRAM

ENTIRELY REMOTE | PERSONALIZED DIET PLAN | COMPENSATION FOR PARTICIPATION



FRALIN BIOMEDICAL  
RESEARCH INSTITUTE AT VTC  
VIRGINIA TECH



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=93HWTEW9j8&recruitment\\_source=CHBR&site=chbr\\_website](https://redcap.vtc.vt.edu/surveys/?s=93HWTEW9j8&recruitment_source=CHBR&site=chbr_website)

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