

Learn to be a coach for the Diabetes Prevention Program



If you have passion for health and enjoy helping others, we invite you to
BECOME A PEER MENTOR

The Peer Mentoring program is based on the Centers for Disease Control's (CDC) nationally recognized Diabetes Prevention Program (DPP). The DPP is a yearlong program that can help people reduce their risks of developing type 2 diabetes by over 50%.

How does the Peer-to-Peer Mentoring Program work?

As a Peer Mentor/Coach, you can earn \$14-\$15 per hour for coaching Diabetes Prevention Program (DPP) participants with one-on-one weekly telephone calls. With the telephone based program, you can work from nearly any location! Inquisithealth developed this program and will provide training on the DPP, use of the phone and computer to deliver the program, and insights on coaching and behavior change strategies. Mentors who successfully complete the 20-30 hour online training and begin mentoring participants will receive a \$50 bonus as part of their first check. Your mentoring commitment to each participant is for 12 months with weekly calls for 20-30 weeks and then one to two calls per month for the remainder of the 12 months.

After training completion, you will be matched with participants with prediabetes. With your training and the Diabetes Prevention Program materials, you will be able to help participants set and achieve lifestyle-related goals. This program does not replace the care a participant receives from his/her doctor, but Mentors provide individuals with needed support, motivation and guidance to develop a healthier lifestyle and PREVENT DIABETES!

For more information about this opportunity, contact:
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