

The Personal Success Tool will keep you moving forward on your journey to prevent type 2 diabetes.



## WHAT IS THE PERSONAL SUCCESS TOOL?

The Personal Success Tool is a group of online modules and activities to which your lifestyle coach will send you a link through email or text message. These modules are fun and include videos, quizzes, games, and other resources that will help you along your journey.

You can complete the modules on a computer, smartphone, tablet, or any other devices with internet access. The best part is that they help you keep what you've learned fresh in your mind. In turn, they help you to apply what you've learned in your daily life, bringing your changes and your progress into reality.



Ask your lifestyle coach when you will be getting the modules!

*"Its great information and another great level of support that anyone can go to at any time—at their convenience."*

Mary from New Mexico

## WHAT YOU CAN EXPECT:

**Delivered to you:** After some of your classes, your lifestyle coach will email or text you a link to related modules for you to explore. Each online activity will only take a few minutes.

**Easy:** There is no complicated technology, log-in process, or downloading necessary. Simply click the link on any device with internet access and follow the prompts.

**Private:** Your responses won't be saved, and no one else will be able to access them. The Personal Success Tool is for your benefit only, to help you continue your path to success in preventing type 2 diabetes.



You can always talk to your lifestyle coach if you have any trouble accessing or using the Personal Success Tool!



U.S. Department of  
Health and Human Services  
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