

Join the Path to Lifestyle Change Program



A 6-month weight loss program to help prevent or delay type 2 diabetes with 18 months of follow-up support.

Participants will learn about nutrition, physical activity, and behavioral strategies and receive the education, tools, and support they need to make lasting lifestyle changes.

This program is offered by the Mass General Diabetes Center and is a covered benefit for Mass General Brigham Health Plan members.

To be eligible for the program, you must:

- Have a body mass index (BMI) above the normal weight category (≥ 25)
- Attend a screening visit to learn about the program
- Complete an enrollment form and commit

Take control of your health

- Expert-led lifestyle coaching
- Learn to manage weight, activity, diet, and exercise
- Long-term support for lasting lifestyle change
- Proven positive results

Interested?

Great! For questions, call **617-724-0653** or email: **pathtolifestylechange@mg.harvard.edu**.

Space is limited!