

# NATIONAL DIABETES PREVENTION PROGRAM

## ONLINE DELIVERY MODE TIME



Participant ●

● Coach



**Per Program Schedule**  
Schedules an online session

**Morning of the Session**  
Can see the lesson module  
in the cohort calendar



**Morning of the Session**  
Receives an email about  
the new lesson module



**Day of the Session**  
Receives a PUSH  
notification to weigh-in

