Meet the DiaBuddy Service Provider (DSP)

BodySite | Build healthier habits with digital support

30 MINUTES

Explore resources

30 MINUTES

Open dialogue with your DSP

ONE PURPOSE

A better quality of life

DoIHavePrediabetes.org

Start with the free one-minute risk test.

TAKE A MINUTE

Open the official test on your own device.

KEEP IT PRIVATE

Your answers and score belong to you.

NEXT STEP

Discuss a high-risk result with a healthcare professional.

Know your risk. Take the first step.

Sources: Prediabetes risk test · CDC: Lifestyle change program

Support between appointments

BodySite supplies tools used by a care team.

LEARNING

Digital education and care-plan content.

REFLECTION

Food, activity and lifestyle tracking tools.

CONNECTION

Messaging and a patient portal/app.

Sources: BodySite: Patient education and care plans · BodySite: Food and lifestyle journaling · BodySite: Secure messaging

From information to a daily routine

A digital plan can organize the next small step.

READ

Review assigned education or instructions.

TRY

Choose a realistic action with the care team.

REFLECT

Note what worked and what was difficult.

Sources: BodySite: Patient education and care plans

Walkthrough | A sample digital day

Conceptual workflow—your account may differ.

MORNING

Review the day’s assigned learning.

AFTER A MEAL

Record an observation in a journal.

AT CHECK-IN

Bring one question to the care team.

Sources: BodySite: Food and lifestyle journaling · BodySite: Patient education and care plans

Turn a journal into a conversation

Look for patterns without judgment.

OBSERVE

What made a healthy routine easier or harder?

ASK

Which part would you like help understanding?

ADAPT

Agree on a manageable next step with your team.

Sources: BodySite: Food and lifestyle journaling

Stay connected on purpose

Agree on access and expectations.

ACCESS

Ask the DSP how to receive your care-team invitation.

CONTACT

Clarify messaging channels and response expectations.

SUPPORT

Request help with technology or an accessible alternative.

Sources: BodySite: Secure messaging · BodySite: DiaBuddy provider account referral

A prevention option to explore

CareSync attendee offer • eligibility applies

YEARLONG SUPPORT

DPP focuses on sustainable lifestyle changes.

$100 ANNUALLY

Or $10 per month; 12 payments total $120.

ASK BEFORE ENROLLING

Confirm eligibility, delivery, coaching and what is included.

Delay the onset and reduce the risk of type 2 diabetes with prevention.

Sources: CDC: Lifestyle change program

Concierge Care begins with listening

Your DSP helps you choose and organize a next step.

YOUR PRIORITY

What would make everyday life easier?

YOUR CONNECTION

A useful resource, care team or program.

YOUR FOLLOW-THROUGH

One action, one owner and a date to reconnect.

Let’s open the conversation

We have 30 minutes reserved for you.

ASK

What is still unclear?

SHARE

What gets in the way?
Keep details general.

CHOOSE

What support would you like next?

Education → Dialogue → A personal next step

30–35 minutes | What matters most?

A short listening round.

START HERE

“What brought you here today?”

ONE PRIORITY

Cost • understanding • daily routine • support

A LITTLE SPACE

One minute per person; passing is welcome.

35–45 minutes | Questions & barriers

Explore the resource that fits the need.

CLARIFY

What part of the process feels difficult?

MAKE IT PRACTICAL

What would help: a link, explanation or introduction?

INVITE THE DSP

Who can help with the next step?

45–55 minutes | Make a next-step plan

A small plan you can follow.

ONE ACTION

Choose a manageable first step.

ONE OWNER

You, the DSP, a resource program or your care team.

ONE CHECK-IN

Agree on a realistic follow-up date and channel.

55–60 minutes | Leave with a connection

Resources, reassurance and a next step.

RECAP

What is the one thing you are taking away?

FOLLOW UP

Request a private conversation with your DSP.

STAY CONNECTED

PharmDConcierge.com/v-events/

Ken Sternfeld, Registered Pharmacist • ken@caresyncconcierge.com

Official resources

Reference slide • outside the 60-minute agenda

Prediabetes risk test
https://doihaveprediabetes.org/take-the-risk-test

CDC: Lifestyle change program
https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/index.html

BodySite: Patient education and care plans
https://bodysite.com/patient-education-and-care-plans/

BodySite: Food and lifestyle journaling
https://bodysite.com/journaling/

BodySite: Secure messaging
https://bodysite.com/secure-messaging/

BodySite: DiaBuddy provider account referral
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