At the VLM Home Page, a clipboard displays all pending tasks. Key program components are displayed across the top of the screen.
Welcome to the first lesson of the Virtual Lifestyle Management Program. The program is designed to help you establish a healthier eating and physical activity routine, to lose weight, and to help you prevent or better manage diabetes. We hope you enjoy the course, and that participating in the program helps you improve your health.

Virtual Lifestyle Management (VLM) Lesson 1
Getting started losing weight!

VLM includes 16 weekly, then 8 monthly lessons. Clicking on a pending lesson starts the audio lesson, accompanied by supporting images.
Lessons include interactive workbook pages. In each lesson, the final workbook page is an “action plan” that the participant commits to for the coming week.
In the “Lessons” section, participants can review prior lessons and their accompanying quizzes.
In the “Keeping Track” section, individuals self-monitor weight, diet, and physical activity. They also plan their weekly physical activity here.
They enter daily fat & calorie intake, plus pedometer steps. They may also track a wide variety of physical activities, and personal barriers to healthy lifestyles.
Once a week, participants receive automated emails detailing weekly progress since the start of the program (shown here), as well daily results from the last week.
The “Resources” page includes (a) DPP handouts; (b) helpful Internet links; and (c) excerpts from chat sessions between lifestyle coaches & VLM participants.
From the “Communicate” page, participants can read announcements, view the VLM calendar, join a chat, or send a secure message to their personal Health Coach.