Figure 2: Elements of the ADAPT system

Preclinical encounter
- Pedometer use for one week to track baseline steps
- Brief behavior-change goals elicitation via survey
- Prediabetes education video

Clinical encounter
- ADAPT tool in EHR to facilitate action plan counseling about behavior-change goals
- Behavior-change props
- Behavior-change prescription signed by provider and patient

Postclinical encounter
- Behavior-change samples
- Implementation-intentions exercise via website
- Weekly healthy behavior-change tips emails
- Biweekly report of exercise and diet behavior-change activities with website tracking of personal progress and comparison to other study participants

ADAPT = Avoiding Diabetes Thru Action Plan Targeting; EHR = electronic health record