

[Provider Letterhead]

[Today's Date]

[Patient Name]

[Address]

[City, State Zip Code]

Dear [Patient First Name] [Patient Last Name],

I am contacting you today to inform you about the new research project: Integrating Cultural aspects into Diabetes Education (INCLUDE). This study is conducted by Dr. Lu Hu at NYU Grossman School of Medicine. *The purpose of this study is to examine whether a WeChat-based diabetes video intervention can help patients like you to prevent diabetes.*

Our office is pleased to let you know about a health education program that may benefit you. As part of this health education program, a research team led by Dr. Lu Hu will provide eligible patients who have prediabetes with important information on how to eat healthier, be more active, and manage a healthy weight through brief WeChat diabetes education videos and one-on-one follow-up support and goal-setting.

Eligible patients who provide consent will be randomly assigned to one of the two groups. One group will receive fresh and culturally appropriate produce from a community farm and 2 brief WeChat video each week (12 weeks in total) about diet and nutrition, physical activity, stress management, and diabetes prevention. All of these WeChat videos are in Mandarin Chinese and specifically designed and tailored for Chinese culture. The other group will receive the same WeChat videos and the same value of fresh produce or gift card at the end of the program.

This program is provided by the NYU School of Medicine. You can receive up to \$75 as a reimbursement for your time. There is no cost to you to participate in this project, and you do not have to have insurance to participate. Your participation in this project will be strictly confidential and your name and health information will not be shared with anyone outside of this project.

If you are interested in learning more about this health education program, or if you would like to sign up, please call Dr. Lu Hu (fluent in Mandarin and English) at 347-380-2416 (study cell phone) or 646-501-3438 (office) and leave a voicemail with your name and phone number, and they will call you back with more information. If you do not want to participate in this study or be contacted, please call Dr. Lu Hu at 347-380-2416, so that your information will be removed from our calling list.

Sincerely,



Lu Hu, PhD
INCLUDE study team
NYU Langone Health

