

Diabetes Reset

A 12-Week Therapeutic Lifestyle Program



Diabetes Reset Program

A Physician-Informed, Lifestyle-Based Program for Prediabetes and Type 2 Diabetes

Program Overview

The Diabetes Reset Program is a structured, 12-week lifestyle medicine program designed to help individuals with prediabetes and type 2 diabetes address the root causes of insulin resistance—not simply manage blood sugar levels. The program integrates education, physician-led oversight, and personalized health coaching to support meaningful, sustainable improvements in metabolic health while remaining fully collaborative with existing medical care.

This program is designed for hospital and employer populations and can be deployed as a standalone employee benefit or integrated into broader population health initiatives.



Program Design (12 Weeks)

Comprehensive Lifestyle Curriculum

- 12-week online program with short, evidence-based educational videos
- Practical tools, meal planning guidance, and plant-forward recipes
- Focus on nutrition, physical activity, sleep, stress, and behavior change
- Content grounded in lifestyle medicine and metabolic health research

Health Coaching & Support

- Weekly 30-minute one-on-one health coaching sessions during Weeks 1–8
- Ongoing text-based support for accountability and real-time guidance
- Coaching is non-clinical and focused on behavior change, goal setting, and adherence
- One transition coaching session around Week 10 to support independence and long-term sustainability

Physician-Led Oversight

- Three physician-led group Zoom sessions (one per month)
- Educational focus, safety guidance, and participant Q&A
- Reinforces collaboration with participants' personal physicians
- No duplication of clinical care

Transition Phase (Weeks 9–12)

- Continued access to all program content and resources
- Emphasis on skill-building, habit reinforcement, and long-term maintenance
- Structured step-down from intensive coaching support

Pricing

\$795 per participant

- All-inclusive program with education, coaching, and physician-led group sessions

Hospitals may choose to fully sponsor the program or offer it as a subsidized employee benefit. The Diabetes Reset Program is an HSA/FSA allowable expense.

Who is this program designed for?

The Diabetes Reset Program is designed primarily for adults with prediabetes or type 2 diabetes who want to improve insulin sensitivity and metabolic health through evidence-based lifestyle strategies. It is not intended for individuals with type 1 diabetes or type 1.5 (LADA) unless they are working closely with their treating physician.

Is the program compliant with privacy and confidentiality standards?

Yes. Participant information is handled in accordance with applicable privacy and confidentiality standards. Coaching and program documentation are maintained within appropriate non-clinical scope.

Does the program involve medications or supplements?

Supplementation is not a primary focus of the program; however, general educational information will be provided regarding certain nutrients such as vitamin B12, vitamin D, iodine, and omega-3 fatty acids. The program does not sell or prescribe supplements.

How is the program delivered?

The program is delivered virtually through an online education platform, scheduled coaching sessions, text-based support, and physician-led group Zoom meetings. Participants may engage from any location.

Can this program be integrated with existing hospital initiatives?

Yes. The program is designed to complement existing population health, wellness, and chronic disease prevention initiatives without duplicating clinical services.

What outcomes can be expected?

The program is designed to support improvements in metabolic health, lifestyle behaviors, and participant engagement. Individual outcomes vary, and no medical outcomes are guaranteed. The program emphasizes sustainable behavior change rather than short-term intervention. Research supports reversal of diabetes in a majority of cases within 6 to 9 months with strict adherence (excluding LADA).

Does this program replace medical care?

No. The program provides education and non-clinical lifestyle coaching only. All medical care, medication decisions, and clinical management remain with the participant's personal physician or healthcare provider.

Program participants are encouraged to share a program overview with their primary care physician to support coordination of care. This disclosure introduces the Diabetes Reset Program and invites clinicians to explore evidence-based diabetes education and continuing education resources available through the American College of Lifestyle Medicine ([ACLM](#)).

What is the role of the health coach?

Health coaches provide non-clinical support focused on behavior change, goal setting, accountability, and adherence to lifestyle recommendations. Coaches do not diagnose, prescribe, adjust medications, or interpret laboratory results.

What role do physicians play in the program?

The program includes three physician-led group Zoom sessions focused on education, safety considerations, and participant questions. These sessions provide clinical context and reinforce collaboration with each participant's existing care team. Physicians do not provide individual medical treatment through the program.

Kurisko & Co. partners with [Lifestyle Telemedicine](#) to provide optional physician support for participants who do not have an established primary care provider or who prefer to work with physicians trained in lifestyle medicine. Participating physicians are certified by the American College of Lifestyle Medicine (ACLM) and have specialized training in metabolic health and diabetes care.

How is participant safety addressed?

Safety is supported through physician-led education, clear scope-of-practice boundaries, and an emphasis on coordination with each participant's healthcare provider. Participants are encouraged to communicate lifestyle changes and symptom changes with their physician throughout the program.

Program Value for the Organization

- Supports population health and chronic disease prevention goals
- Addresses diabetes risk upstream through lifestyle-based intervention
- Reinforces physician care without replacing or duplicating medical services
- Predictable, transparent pricing structure

Important Program Disclaimer

The Diabetes Reset Program provides education and lifestyle coaching only and does not replace medical care. Health coaches do not diagnose, treat, prescribe medications, or adjust medication dosages. Participants are advised to work with their personal physician or healthcare provider regarding all medical conditions, medications, and clinical decisions. This program is intended to complement—not replace—existing medical care.

