



embark

Behavioral Approaches to Reducing Diabetes Distress and
Improving Glycemic Control for Adults with Type 1 Diabetes

Managing diabetes can be tough! Something that people rarely talk about is how tough type 1 diabetes can be and how many people find diabetes to be stressful and challenging. That's why we are excited to share with you an opportunity to join a new NIH-supported that is part of a collaboration between _T1D Exchange and the University of California, San Francisco (UCSF).

The EMBARK project is a new program focused on helping adults with type 1 diabetes be more successful with their diabetes. EMBARK compares three methods that have already been proven to reduce the stress and strains of living with diabetes. The goal of the project is to see which method works best for different adults with type 1 diabetes. The program begins with a group workshop (8-12 adults with type 1 diabetes) (held virtually online on a Saturday), followed by online video group meetings and/or individual phone calls with either a psychologist or Certified Diabetes Educator. All three of the methods are strictly behavioral, meaning that you will not be asked to change or try any new medications or devices. Participants will receive gift cards for their time and there are no costs to you or to your insurance. There is no age limit to taking part, you just need to be 19 years or older!

We hope that you will be interested in learning more about this exciting new program. Want to learn more? All you have to do is: **call: 1-855-850-3599 (toll free) or email us at:** embark@ucsf.edu.

Thank you,
UCSF EMBARK Team

Learn more about EMBARK at: <https://bdrf.ucsf.edu/embark-program>.