



## New Participant Overview

The following guide will walk you through what we require at the Anna Lee Dsylva Foundation “The Foundation” for new diabetic participants. Please note this is a generalized list and it may change at any time. There also could be additional requests that are not within the scope of this guide.

1. Blood panel and medical history
  - a. The Foundation will pre-screen blood work and review your past medical history to best categorize you for participation with our study. This must be submitted electronically via our [secure medical dropbox](#).
  - b. This will include documentation on your current medications and supplements in addition to allergies.
  - c. Once we have reviewed this information, we may have one of our doctors request additional bloodwork and we will require your date of birth and your preferred lab’s contact information. This will have to also be submitted electronically via our [secure medical dropbox](#) (you can take a photo of a handwritten note or send us a Word document or PDF).
2. Not all participants may be a good fit for our study and so we reserve the right to dismiss a participant at any time upon reviewing your medical information.
  - a. All participants must be willing to make a lifestyle change, and this will be based on your current lifestyle.
  - b. If you are not willing to commit to these minor changes then you will be terminated from our study.
3. Every participant must complete our [online registration](#) as well as our [stress level quiz](#)
4. Depending on your diet we may request that you perform a mild cleanse with suggested foods. The length of the cleanse will be based on your current diet and overall level of health.
5. We will require that you journal all of your daily food and supplement intake on our [intake form](#) and you can fill this form out online daily or once a week with the previous weeks data.
  - a. Blood glucose levels will be measured in this form and you must record; a fasting level first thing in the morning, prior to eating any meal, and before bed.
  - b. Fast acting insulin will also be recorded here along with the time you took it and the dose.
  - c. If you plan to record your information weekly, please review the form prior to journaling so that you can make sure you are recording all the data you need to submit.
6. Someone from our staff will reach out to you to review your diet and level of activity. As a member of the Foundation you will have access to our nutrition planning and journaling app which you can access [here](#) once you have an account established.
7. Upon reviewing all your intake with our staff, we will generate your plan to include nutrition and activity goals and any product recommendations our medical staff may advise.

If you have any questions or concerns for us you can send us an email at any time at [info@annaleedsylva.org](mailto:info@annaleedsylva.org).