

Supplemental Table S1. Sample Characteristics (n = 82)

Characteristic	N (%) or Median (IQR)
Female	59 (72.0)
Age, median (IQR)	50.5 (40-56.5)
Race*	
White	60 (73.2)
African American	7 (8.5)
Other†	13 (15.8)
Hispanic or Latino	2 (2.4)
Education	
Less than college	9 (11.0)
Some college	23 (28.0)
College graduate	18 (22.0)
Post-college degree	31 (37.8)
Income, median (IQR)‡	\$75,000 (55,000-125,000)
Previous prediabetes diagnosis	28 (34.6)

*Two participants did not provide race information.

†Includes other races and multiple races.

‡Income data collected in categories. For analyses, each participant's income was coded as the midpoint of the annual household income range they indicated.

Supplemental Figure S1. Health Coach Talking Points about Prediabetes

- Today your fasting blood glucose is in the prediabetes range
- While you do not have diabetes now, you are at risk for developing diabetes in the near future
- Fortunately there are things you can do to prevent the onset of diabetes:
 - Lose 7% of your body weight
 - Engage in moderate exercise (e.g., brisk walking) for 30 minutes a day, 5 days a week
 - Ask your doctor about whether a medication to prevent diabetes would be right for you
- Enrolling in a Diabetes Prevention Program can be a great way to help you achieve some of these goals

Supplemental Figure S2. Study Flow

