



**RETOOL** is an 18-month research study focused on creating lifelong nutrition and exercise habits to achieve and maintain a healthy weight.

With the support of your primary care provider, you can take charge of your health!

No matter which group you are assigned to, you will have the support from your primary care provider to manage your weight during regular clinic visits.

### ELIGIBLE PARTICIPANTS

- Between 20 and 75 years of age
- Live in a rural area
- Body mass index (BMI) over 30 kg/m<sup>2</sup>\*
- Willing to attend clinic visits once every 3 months (6 visits)

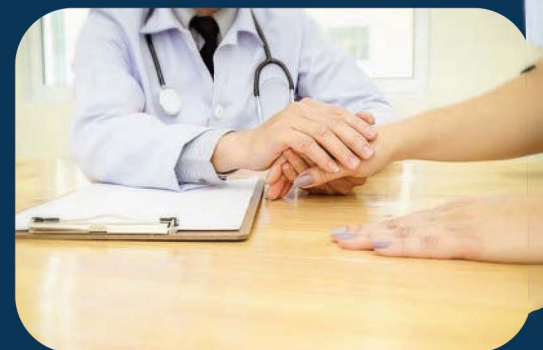
\*If you do not know your BMI use the calculator below.

**Please note:** Only one member per household can enroll.

### Quotes from past research participants

"The collaboration was invaluable. A bunch of people who really cared how I was doing."

"Being able to go back in to see my doctor and show her my weight loss was exciting. I was very thrilled to share that with her, and she was so encouraging."



## WHAT IS RETOOL?

A research study comparing different methods of weight management in rural primary care practices.

Participants will be assigned to one of two methods:

### Local Care +

- Quarterly clinic visits with your primary care provider to address weight management.

OR

### Team Care

- Quarterly team-based clinic visits with your primary care provider and a KUMC lifestyle coach.
- Virtual Zoom group meetings with other RETOOL participants and a KUMC lifestyle coach.



## CONTACT US TODAY!

To learn more or see if you qualify:

 Call or Text: (833) 332-1122

 Email us at: [retool@kumc.edu](mailto:retool@kumc.edu)

 <https://retoolkansas.org>



**KU** MEDICAL  
CENTER  
The University of Kansas

This research project is led by  
Dr. Christie Befort and her research team at  
the University of Kansas Medical Center.

**NIH**  **National Institutes of Health**  
Turning Discovery Into Health

## Ready to take charge of your health?

RETOOL can help you improve your health and lose weight with support from your primary care provider.