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**For Immediate Release**

## **DPS Health and Mental Health America, Los Angeles are Proud to Announce the Roll Out of a Pilot Program of the Virtual Lifestyle Management Service**

**(Los Angeles, CA) – November 7, 2008** – DPS Health and Mental Health America, Los Angeles (MHA) are pleased to announce the rollout of a pilot program of DPS Health’s Virtual Lifestyle Management™ (VLM) service. The VLM service draws on cutting-edge technology to enhance efficiency and success of health care provider weight management programs. The VLM service gives MHA tools to provide their employees and clients a clinically-linked, internet-based, weight management service that helps overweight and sedentary adults become more active, eat better, lose weight and live healthier lives.

DPS Health worked with the University of Pittsburgh to improve patient engagement through web-based learning, tracking, and motivation to create the VLM service. VLM uses cutting-edge technology to enhance efficiency and success of health care provider weight management programs.

Mental Health America, Los Angeles is a service agency for clients with severe and persistent mental illness, and has long been a leader in the recovery movement. The pilot program will be offered to 25 MHA employees, a number of which are also clients. MHA aims to test how well the VLM service is received by employees and clients and how well the service would fit with mental illness recovery. MHA wants to determine the feasibility of extending its services to complement mental illness recovery to include support of overall physical health.

“We are excited about the opportunity to test our VLM service with Mental Health America. DPS Health has long believed that the VLM can apply to a wide variety of patients or clients who need help becoming more physically active and eating healthier. There are a huge number of diseases and conditions that can be improved through increased physical activity and nutrition. Getting the opportunity to work with MHA and help clients through mental health recovery is a fantastic opportunity to help a population that can truly benefit from the VLM” said Neal Kaufman, M.D., M.P.H., founder and CEO of DPS Health

“The VLM system is an important part of MHA’s effort to move toward a wellness orientation. We are extremely pleased to offer our employees these tools to help them to embrace a healthier lifestyle,” David Pilon, PhD, MHA executive vice president stated.

Deeply concerned about the epidemic of weight-related illness, rising health costs and chronic conditions, Kaufman founded DPS Health to address serious chronic diseases, such as type 2 diabetes, in order to help clinicians more effectively improve health outcomes of their patients. The impetus for this came from the findings of the landmark NIH-funded Diabetes Prevention Program. Kaufman is a proven leader who has built a record of trust through local, state and national efforts to improve public health.

**About MHA**

Mental Health America is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

**About DPS Health**

DPS Health, formerly known as Diabetes Prevention Source, extends the practice of medicine to meet current and future health threats. The increasing prevalence of life-style diseases and consumer driven treatments require new and improved ways to engage, enlighten and motivate individuals to adopt and sustain health promoting and disease preventing behaviors. DPS Health creates software solutions through an innovative, flexible and scalable technological platform (Behavior Change Suite™) based on research-proven lifestyle coaching methods. University of Pittsburgh faculty worked with the DPS Weight Management division to develop the web-based Virtual Lifestyle Management service (VLM), based upon the Diabetes Prevention Program developed by the University of Pittsburgh. DPS Health is a licensee of this program for delivery through the VLM service. In addition, DPS Health has the Physical Activity Prescription™ to help sedentary and overweight adults become more physically active.

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