Knowledge
Knowledge

- Intervention-targeted knowledge (% correct)

- Baseline vs. Follow-up:
  - Re-Mission: Baseline = 60, Follow-up = 65
  - Control: Baseline = 55, Follow-up = 60

- Comparison:
  - Re-Mission vs. Control:
    - Baseline: Re-Mission = 60, Control = 55
    - Follow-up: Re-Mission = 65, Control = 60

- Significance: $p = .034$

Self-Efficacy

- Cancer-specific self-efficacy (1-7 scale)

- Baseline vs. Follow-up:
  - Re-Mission: Baseline = 5.6, Follow-up = 6.2
  - Control: Baseline = 5.8, Follow-up = 6.0

- Comparison:
  - Re-Mission vs. Control:
    - Baseline: Re-Mission = 5.6, Control = 5.8
    - Follow-up: Re-Mission = 6.2, Control = 6.0

- Significance: $p = .027$
Blood Glucose

Before breakfast

Press 'A' to check blood glucose (BG)

Packy
Menu:
- Apple
- Cereal
- Egg
- Toast

Breakfast

Find:
- Medical ID
• Repetition
• Trial and Error
• Habit Formation
Loss Frame
Thank you.

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