**Translational Behavioral Medicine Example Implications Statements**

Articles require an implications section, which states the paper’s take-away for practice, policy, and research. Each implication should consist of one sentence, written as a pithy, action-oriented recommendation, rather than a description or summary. Please see the examples below.

**Implications**

**Practice**: Technology-delivered incentives can be used to increase adherence with blood glucose monitoring in teenagers with type 1 diabetes.

**Policy**: Policymakers who want to decrease the incidence of diabetes-related health complications should explore sustainable incentive-based interventions to increase adherence with medical regimens that could be implemented wide scale.

**Research**: Future research should be aimed at identifying procedures for delivering incentive-based interventions that can be sustained and maintained for long periods of time.


**Implications**

**Practice**: Worksites are viable venues for reaching high-risk groups, improving their weight and blood pressure control, and ultimately decreasing their risk for obesity-related mortality and morbidity.

**Policy**: Effective worksite wellness programs must consider cultural factors, organizational characteristics, and source of program leadership (i.e., internal or external to the organization).

**Research**: Future research is needed to examine specific worksite factors (e.g., wellness policies, administration support, employee characteristics) and program utilization at the participant level that result in greater weight loss.