Ten After
by RxAdjacent Labs

FOR CLINICIANS AND PHARMACISTS

A short walk after meals, timed for you. For adults living with type 2 diabetes or prediabetes.

Pharmacist-reviewed | Every claim cited | Data stays on device | English + Spanish

WHO IT'S FOR

Adults with type 2 diabetes or prediabetes who are cleared for walking and want an easy daily habit.

WHAT PATIENTS DO

1. Tap "I just ate." The app times a 10-minute walk.
2. Simple strength sessions are added in later weeks.
3. Optional readings from the patient's own meter, and a summary to share.

WHAT YOU GET BACK

- Post-meal walks by meal, against the plan
- Weekly walking minutes and minutes from eating to walking
- Optional patient-entered glucose readings, labeled as such

A one-page summary the patient chooses to share. Neutral data only: no diagnoses, doses, or medication changes.

WHY IT'S BUILT THIS WAY

The ADA Standards of Care (2026, §5) recommend regular physical activity and breaking up prolonged sitting for people with type 2 diabetes.

Clinics and pharmacies: free 90-day pilot with practice QR codes. rxadjacent.com/clinicians

✂ Give this card to your patient

Ten After

A short walk after you eat.

The app times it for you. Free to start, no card. English and Spanish.

Scan to start →

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General wellness tool. Not intended to diagnose, treat, cure, or prevent any disease, and not medical advice. Patients should follow their clinician's instructions. Health data stays on the patient's device. © 2026 RxAdjacent Labs · rxadjacent.com