

UNDERSTANDING YOUR HEALTH JUST GOT EASIER



Register for an Emmi program today

What is Emmi?

Emmi® is a series of free, online programs that walk you through important information about a health topic, condition or procedure.

Learn More About Your Health

Healthcare providers try to explain everything about your health but sometimes it gets confusing. Emmi programs help to answer your questions and make you feel more at ease. You are the most important member of your health care team, so you should have all the information you need.

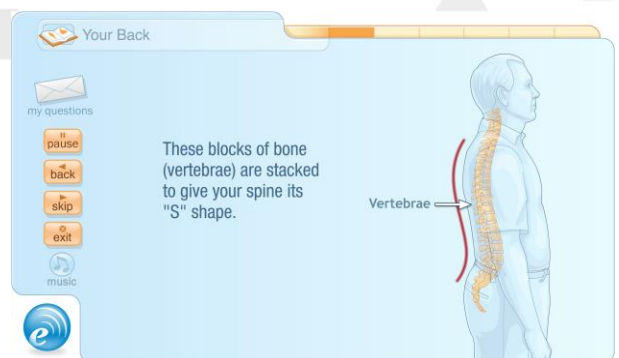
What to Expect

Emmi programs are easy to use. Your healthcare provider has a list of programs you can choose from. Once you register, you can select the Emmi program that is most interesting to you, watch it as many times as you like and share it with your family and friends.

READY TO GET STARTED?

Register by going to:

<https://www.my-emmi.com/SelfReg/THRBEHEALTHY>



© 2015 Emmi Solutions, LLC Chronic Low Back Pain program

Available Programs:

- Advance Directives
- Childbirth
- Coping with a Health Condition
- Depression
- Diabetes – Type 2
- Diabetes – Your Latest A1C Result
- Getting the Flu Vaccine
- Health Insurance: What You Need to Know
- High Cholesterol or Triglycerides
- Hypertension
- Medication History – Patient
- Nutrition and Healthy Eating
- Nutrition for the Whole Family
- Prediabetes
- Thinking About Quitting Smoking
- Your Risk and How to Lower It: Heart Disease, Prediabetes, and Stroke

Need Help? Email: support@emmisolutions.com Call: 866.294.3664



Empowered People | Improved Relationships | Healthier Populations