

## Do you need help managing your diabetes?

**See Yourself Health** offers an immersive virtual group experience that helps you choose healthier behaviors to improve diabetes self-management.



100% free!



Fun way to improve mental and physical well-being

Be part of a community with others that share similar diabetes experiences

Who's Eligible? 65 years and older, Type 2 diabetes

#### JOIN OUR RESEARCH STUDY TODAY

"This is the right place to learn new things and break old habits."

— SYH Participant

#### Our Journey Towards Better Health Starts with Seeing Yourself

ADCES: DEAP DIABETES EDUCATION ACCREDITATION PROGRAM

# Want to participate in our research study? JOIN US!

Sign up online on our website or call (570) 505-2228 to sign up over the phone

Meet with our onboarding specialist to get started

Log in to attend unlimited virtual world health education sessions

See Yourself Health Virtual World



### **Contact Us**



(570) 505-2228

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