

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



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