Captured with Xnip



Dear Marina,

Welcome to Yes Health. Our all-mobile, diabetes-prevention program puts you in control of your health and helps you meet your goals with friendly encouragement, tips and reminders from our expert team of nutrition and fitness coaches. We've based our program on proven science from the CDC's National Diabetes Prevention Program Prevent T2, the most up-to-date program available to you.

Your membership includes:

- Personalized advice on your path to better health
- Feedback on logs from your health coach team
- Fun and motivating exercise tips and support from personal trainers
- Ways to reduce stress and make more time for what you love
- Easy progress tracking to help you meet your milestones and goals
- A free digital scale

You can expect your new digital scale within the next 10 business days. Once received, here's how to connect it.

With Yes Health supporting you every step of the way, there's never been a better time to get started on the new, healthy you.

Have questions? Email support@yeshealth.com



Yours in good health,
Alex Petrov
Founder & CEO Yes Health

Get more tips, recipes and news from from Yes Health.

BLOG