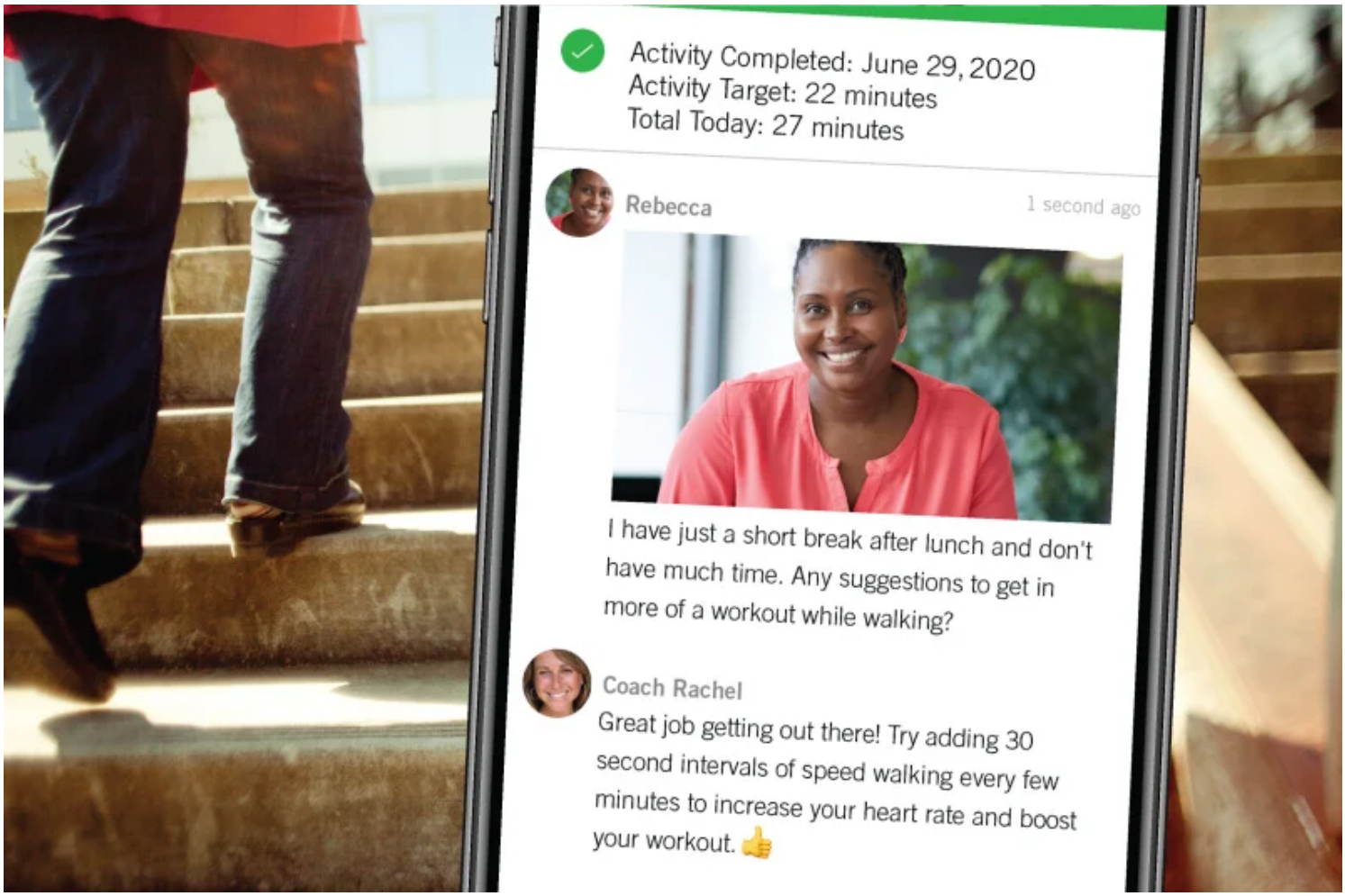


Say yes to your health and no to diabetes.

Getting and staying healthy is easier — and more fun — with a partner. Our team is here to guide you every step of the way with proven, one-on-one nutrition, fitness and well-being advice, so diabetes isn't part of your future. California members: you may qualify for a year of health coaching –- at no cost to you!

SEE IF YOU QUALIFY



Coaching is key.

We're your nutritionist and personal trainer - all in one. The Yes Health coaches are highly qualified naturopaths, nutritionists, registered dietitians and fitness experts who are passionate about preventing prediabetes and diabetes.

NUTRITION

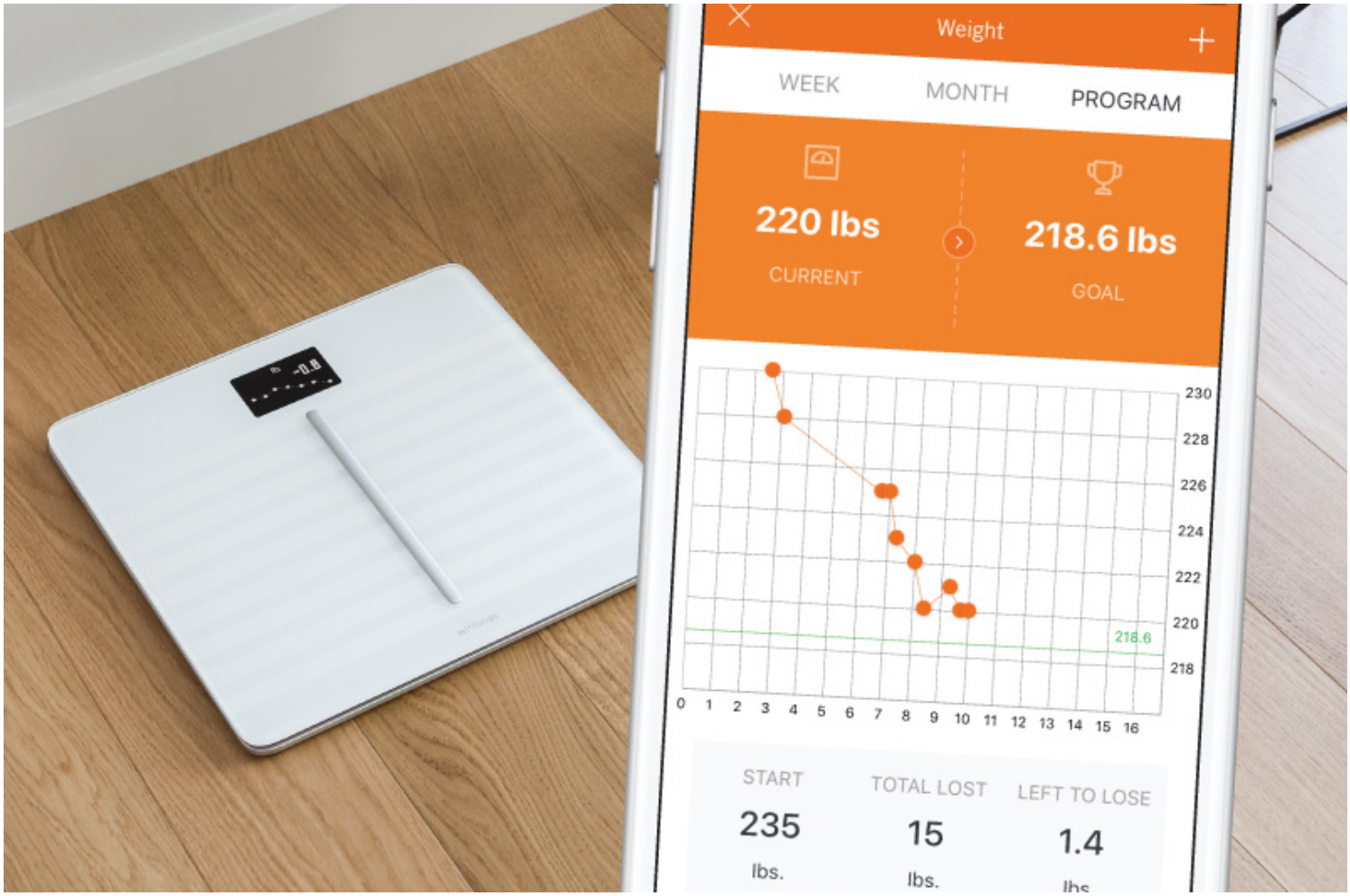
Snap photos of your meals and get expert advice on how to make them healthier.

FITNESS

Get your body moving with fun and motivating exercise tips.

WELL-BEING

Learn to reduce stress and make more time for the things you love.



Includes digital scale.

Use your digital scale to automatically share your progress with your coach team. Frequent tips and encouragement from your coaches and easy progress tracking help you meet your goals.



Start enjoying a happier, healthier you.

As a Yes Health member you can look forward to:

In-the-moment, personalized coaching every day.

Fun, motivating exercise tips and support.



Digital scale for easy weight logging.

If you're a California resident, you could get one year of Yes Health at no cost to you, fully covered by Molina Healthcare.

Just take a short quiz.

SEE IF YOU QUALIFY

Read the FAQ

Medi-Cal / Molina Marketplace

Have questions?

Email us / Schedule a call

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