

# Understanding your health just got easier

Watch an Emmi® program today!

## What are Emmi Programs?

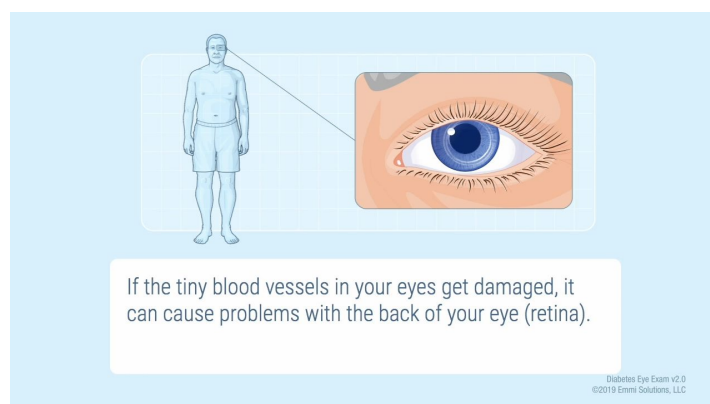
Emmi programs are a series of free, online programs that walk you through important information about a health topic, condition or procedure.

## 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 prescribed you programs to help you better understand your upcoming procedure/appointment. You can view Emmi programs on any device with internet access, watch it as many times as you like and share it with your family and friends.



**Ready to get started?** View a program by going to:  
<https://www.my-emmi.com/SelfReg/COMMHEALTHDM>