

# UNDERSTANDING YOUR HEALTH JUST GOT EASIER



Use the instructions below to view an Emmi Program today

## What is Emmi?

Emmi® is a series of free, online programs that walk you through important information about a health topic, condition or procedure. You can watch Emmi programs as many times as you like and you can share them with your family and friends.

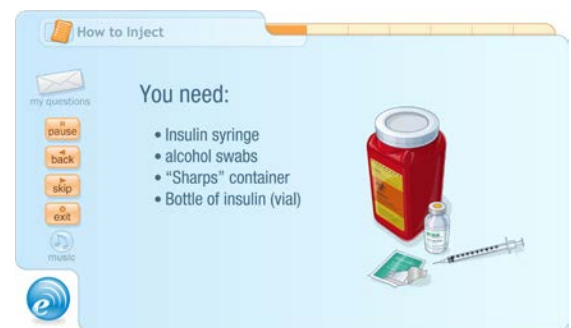
## Learn More About Your Health

Doctors 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

Using Emmi programs is really easy. Southern Illinois Healthcare has a list of programs they have made available to you. Visit the website below and enter the code below to view your programs. Watch it as many times as you like and, if you want, share it with your family and friends.

### SCREENSHOTS OF AN EMMI PROGRAM



© 2013 Emmi Solutions, LLC Injecting Insulin program



© 2013 Emmi Solutions, LLC Diabetes Carb Counting program

ACCESS YOUR EMMI PROGRAM TODAY  
VISIT [WWW.GOEMMI.COM](http://WWW.GOEMMI.COM) AND ENTER CODE: **SIHDIABETES**



Need Help? Email: [support@emmisolutions.com](mailto:support@emmisolutions.com) Call: 866.294.3664



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