



Start Your Journey to Better Health Today!

Join our online chronic condition management program, inclusive of people with disabilities!

When you join **My Health, My Life, My Way** you set goals, work with technology, and have access to a health coach to help you reach success!

This program was designed just for you! It touches every part of your life - physical activity, healthy eating, sleep, financial wellness, resiliency, community, healthy living at work.



To participate in this program, you must:

- Have a chronic condition (such as a heart condition, lung condition, Type 2 diabetes, or arthritis)
- Be at least 18 years old
- Live with a permanent physical disability
- Have access to a computer or a smartphone



By participating in the study, you will receive:

- A six-month telehealth program
- Access to health coaches
- A physical activity tracker like a FitBit
- And you will be compensated for completing the program! \$\$



Visit www.MyHealthMyLifeMyWay.org to sign up today!

If you need assistance, call Eric Evans at 205-236-8452 or email evansej@uab.edu.

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