

MYMEE®

You *can* feel good again™

For those suffering from symptoms related to rheumatoid arthritis, lupus, other autoimmune diseases or COVID long haul, Mymee will personalize a plan to help you get your life back.



Mymee's goal is to find the right combination of triggers for you - and only you.

If you suffer from autoimmunity or systemic inflammation, any number of external factors can trigger a flare of symptoms:



Diet



Sleep



Light



Toxins



Stress



Surprisingly, something that makes one person with autoimmunity healthier can make another person much worse. You may be able to eat bread but need to avoid certain fruit. The answer may be in the water you drink, or even your bedtime and sleep duration can have an impact. The list goes on and on, and trying to figure it all out can seem impossible.

Mymee is a clinically validated, individualized solution to help you find your unique triggers and reduce your symptoms - so you can start to feel like yourself again.

Mymee is built just for you.

Mymee's program includes a personalized mobile app, proprietary data analytics, and a certified Mymee health coach who provides ongoing support from day one.



Improvement
in fatigue



Improvement
in pain



Improvement
in symptoms

*Clinical study published in the Journal of Medical Internet Research

1. Meet your Health Coach Investigator

Start tracking on the app to identify your triggers and work together to make a personalized plan.

2. Collect Aha! moments and make small, manageable changes

Start tracking on the app to identify your triggers and work together to make personalized plan.

3. Start to feel like yourself again!

Continue to monitor, build on, and maintain your progress.

TRUSTED BY



oscar

UCSF

Humana.



Contact us



www.mymee.com/getting-started



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