



Find your healthy and feel your best!

Do you want to make a few small, easy changes that will deliver big results? Check out Good Measures personalized nutrition and health programs!

What's included with Good Measures:

You'll have your own registered dietitian coach, a smart app and website, and a program designed just for you. Programs are all by phone or online—convenient for everybody!

CHOOSE THE PROGRAM TO HELP YOU REACH YOUR HEALTH GOALS:

Do you want to eat healthier in 2020?

Get access to personalized healthy food suggestions and meal planning tools, plus personal coaching with a live Registered Dietitian anytime you need it through the Better Health Program.



Have you been diagnosed with prediabetes or certain risk factors?

Cut your risk of developing type 2 diabetes by more than half and eat healthy without giving up your favorite foods through the Diabetes Prevention Program, offered in collaboration with the American Diabetes Association®.

Have you been diagnosed with type 1 or type 2 diabetes?

Get personalized support from your Certified Diabetes Educator coach. Learn how to eat, exercise, and lower your blood sugar and A1C level through the Diabetes Support Program.

Do you want support for diabetes plus tools to feel your best?

Learn what affects your blood sugar and how to manage diabetes using our smartphone app and wireless glucometer, all through the Connected Diabetes Program.



Not sure which program is right for you? Visit sonm.goodmeasures.com or call 888-320-1776 today and we can help you find the best program for you, based on your personal needs. Call today so that you can start living your best life!