



## Make Better Choices 2

If you live in Eastern Kentucky, researchers at the University of Kentucky are inviting you to participate in a free healthy living study. Make Better Choices 2 (MBC2) employs technology to help you eat better, sleep better, relax more, and get more exercise. Participants will use a health app, Fitbits, and health coaching to change health behaviors. MBC2 brings an innovative new program, which may improve health, to Eastern Kentucky.

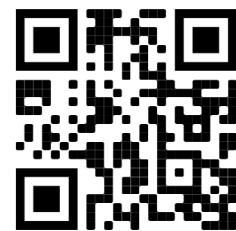
### Study participants will:

- use a health app and a Fitbit to track health behaviors
- work with trained health coaches
- receive \$ incentives for meeting goals
- participate in 3 health checks at a location convenient to you: UK HealthCare in Lexington, St. Claire Regional Medical Center in Morehead, our main office in Benham, or your local provider

### You may be eligible to participate if you:

- are willing to track your health behaviors with a Smartphone App and a Fitbit
- are 18 years or older

To complete survey, visit site at [MakeBetterChoices2.com](https://www.MakeBetterChoices2.com) or scan QR code:



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