

More than 1 in 10 adults are diagnosed with diabetes, and 20% are unaware that they even have diabetes.

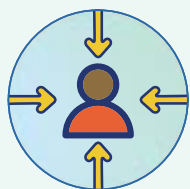
We believe that **everyone should feel empowered to prevent or manage a chronic illness like diabetes.** That's why we created the Blossom™ program.

Blossom is a **self-guided, digital diabetes program** that helps you build healthy habits and manage your diabetes and overall health, all from the convenience of a single platform.



Build and Maintain Healthy Habits

Blossom provides an interactive, self-guided journey where you can move at your own pace to:



Personalize your goals



Focus on topics that feel right to you



Problem solve to achieve goals



Build and sustain new, healthy habits

Blossom goes beyond “the basics” to teach you important skills – like how to deal with food triggers, how to fit physical activity into any lifestyle, how to cope with a chronic illness and more.

After completing Blossom, you’ll have the tools you need to build healthy habits, overcome setbacks and take care of your health.

See the Change, Be the Change

Imagine seeing your blood glucose readings in a more consistent, healthy range, feeling comfortable in the clothes you wear, having more physical energy and feeling less stressed.

Blossom can give you the tools you need to achieve these goals and empower you to be the healthiest version of you!



Diabetes is more than just a number on a blood glucose meter.

Get started with Blossom and take charge of your health journey today.