

Diet and lifestyle solutions for IBD.

LyfeMD.ca/app



Developed by health professionals especially for you, the new LyfeMD app empowers you to better manage IBD and take control of your life.

LyfeMD is an app developed by gastroenterologists and dietitians specifically to help patients with managing their IBD on a daily basis.

We believe everyone should have access to lifestyle solutions based on the latest research that improve their quality of life.

That's why this app offers customized, innovative, and top health expert recommended advice, including diet therapies, physical activities, and yoga and mindfulness programs. The LyfeMD app works with other medical therapies to help you better manage your IBD.

LyfeMD is what you've been looking for, an evidence-based lifestyle solution.

**Empowering you
to live a better
life with IBD.**



Unlimited resources at your fingertips, tailored to your IBD.



Evidence-based programs

Discover a research-inspired offering of regularly updated lifestyle programs based on new science.



Diet plans tailored to your condition

Based on a review of your diet, uncover customized dietary goals, meal plans, and recipes with the greatest benefits to your health.



Yoga, breathing, and mindfulness programs

Choose from multiple programs based on traditional yoga teachings and research to help enhance your sleep quality and overall health while lowering stress levels.



Exercise plans

Improve your physical well-being through a series of personalized home, outdoor, and gym programs developed by exercise specialists with the highest levels of certification.



Behavioural change support

Strengthen your emotional well-being with the help of specially designed cognitive activities.



Goal-setting activities

Use the app to set and track weekly goals and receive customized reports on your progress.



Get started today.

Lyfe^{MD} is free for 6-months if you are enrolled in the KabiCare[®] program. If not, you can pay for Lyfe^{MD} with an e-transfer to info@lyfemd.ca of: \$20 for 1 month, \$50 for 3 months, \$80 for 6 months or \$130 for 1 year.

Lyfe^{MD}

How to get started:

- 1 Enroll in KabiCare[®] or e-transfer payment.
- 2 Visit LyfeMD.ca/app to complete your registration. You will need your KabiCare[®] access code or pay using an e-transfer.
- 3 Once complete, you will receive a survey over email.
- 4 At the end of the survey you will receive your app username and password. You are now ready to download the app!



**E-transfer
information**

**info@lyfemd.ca
No security question
needed**