

Diet and lifestyle solutions for NAFLD.

LyfeMD.ca/app



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

LyfeMD is an app developed by gastroenterologists and dietitians specifically to help patients with managing their NAFLD 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 NAFLD.

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

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



Unlimited resources at your fingertips, tailored to your NAFLD.



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} has 4 membership levels. \$20 per month, \$50 for 3 months, \$80 for 6 months and \$130 for a 1-year membership.

Lyfe^{MD}

How to get started:

- 1 Download the LyfeMD app.
- 2 Visit LyfeMD.ca/app to register. You will be asked to etransfer info@lyfemd.ca the membership level you want to try.
- 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 use the app!



Your app
access code

Send EFT to info@lyfemd.ca
No security question
needed

*If you live in Calgary, visit a London Drugs pharmacy as you may be eligible for a free 1.5 year subscription.