

## STEP 1

This is where it begins!

- IMAGINEHEALTHY is our comprehensive online portal which provides access to our products and a world of information regarding our company...as well as information on dietary inflammation and how to control it!
- Create an account to take full advantage of all our site has to offer, as well as register for classes and purchase any products you might be interested in.

**IMAGINEHEALTHY.org**  
online portal

## STEP 2

Learn what your baseline DII score is.

- Download our FREE DII Screener™. This mobile app (smartphones and tablets) is designed for consumers to easily get their baseline DII score by answering a series of questions. Results are calculated and displayed immediately!
- Available for both Apple and Android mobile devices.

**Take DII Screener™**

## STEP 3

Sign up for IMAGINE™.

- You have a few options here  
One is to register for one of our year-long subscriptions. This program consists of both live classroom sessions as well as access to a variety of online content. You may also decide to access our content strictly online-that's an option too.
- For details about which IMAGINE program is right for you, check out our website for details.

**Select IMAGINE™ Program**

## STEP 4

Control and maintain your DII with a variety of products and services.

- Find a variety of proprietary products and services to suit your needs on IMAGINEHEALTHY.org.
- We offer everything from DII approved foods to our comprehensive DII-on-Demand™ monitoring system and more... all designed by our scientists to help keep you healthy and keep your dietary inflammation levels in check!

**Select IMAGINE™ Products**