

**Are You Ready  
to Make Some  
Changes?**



*Sponsored by*

**National  
Institutes of  
Health**



Are you **Overweight?**

Do you access the **Internet?**

Do you have a **Smartphone?**

**Yes?**

Then apply to the iREACH<sup>3</sup> Internet Weight Loss Study, a research program that examines how best the Internet can be used to help people lose weight.

You may qualify to join if:

- ✓ You are overweight or obese
- ✓ You are age 18 or older
- ✓ You have access to a computer with internet AND a smartphone
- ✓ You can walk for exercise
- ✓ You are in generally good health
- ✓ You live or work in the Columbia metropolitan area

These 18-month weight loss educational programs to change diet and exercise habits are provided at no cost to volunteers who qualify.

For More Information Go to  
<http://techealth.sc.edu/ir3>