1. Type in: my-emmi.com/SelfReg/THRCOMMUNITY

2. Type in your:
   a. Texas Health Hospital closest to you
   b. First name, Last name
   c. Date of Birth (MM/DD/YYYY)
   d. Email (Your email is only used for video instructions and reminders)

3. Select & View Program

   - [ ] Advance Directives
   - [ ] Asthma
   - [ ] Childbirth
   - [ ] COPD – Lung Problems
   - [ ] Colonoscopy
   - [ ] Coping with a Health Condition
   - [ ] Coronary Artery Disease
   - [ ] Depression
   - [ ] Diabetes – Type 2 (High Blood Sugar)
   - [ ] Getting the Flu Vaccine
   - [ ] Health Insurance: What You Need to Know
   - [ ] Heart Failure
   - [ ] High Cholesterol or Triglycerides
   - [ ] Hypertension (High Blood Pressure)
   - [ ] Making the Most of Your Medical Visit
   - [ ] Medical Home – Introduction
   - [ ] Medication History – Patient
   - [ ] Nutrition for the Whole Family
   - [ ] Pneumonia
   - [ ] Preventing Falls at Home
   - [ ] Preventing Stroke or TIA
   - [ ] Thinking About Quitting Smoking
   - [ ] Total Hip Replacement
   - [ ] Total Knee Replacement

If you need help with Emmi:
Email: support@emmisolutions.com  Call: 866-294-3664