



Change the way you live with Ulcerative Colitis

The free 16-week program focuses on improving your well-being and contains practical information and features to help you build helpful habits.



Chat one-on-one
with a health coach

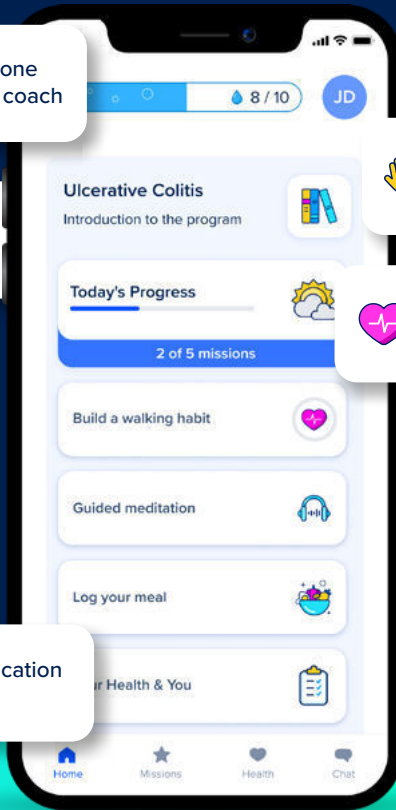


Support your
mental health

Download
the app



Get helpful medication
reminders



Make more confident
food choices



Track and learn about
your symptoms

Recommended
by Health Care
Professionals



One-on-one support

Evidence-based program

Developed with patients

Based on behavioral science.

Built for you.



Track and spot patterns in your symptoms, helping you manage urgency, flares and triggers.



Make more confident food choices every day with food tracking and feedback from your health coach.



Stay on top of your medication schedule and stick to your treatment plan with helpful reminders.



Improve your mental well-being with tools based on Cognitive Behavioral Therapy (CBT).



Use the in-app chat function to communicate with a Sidekick health coach.



Daily missions are designed to help keep you motivated and moving through the program.



Get started today and discover what Sidekick can do for you.



Scan the QR code with your smartphone to download the app.

You can also visit: <https://get.sidekick.health/uscolitis>

Once the app has been downloaded on your smartphone, open it and you will be taken directly to the Ulcerative Colitis program.

If you are asked for an access code, enter the following: **uscolitis**