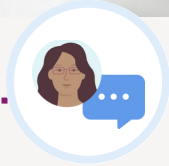




A personal health coach to help you get healthier



1
Download the
Vida Health app



2
Choose At Home as
your organization



3
Choose your coach and
schedule
your first session



4
Develop new
healthy habits and
reach your goals

Vida Health – your newest free health benefit through At Home – will match you with a health coach who will help you manage diabetes, lose weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life.

Vida will help you get healthier. That's why At Home will cover the cost for you.

With Vida, you'll get a virtual coach to help you with things like:



Losing weight



Managing and
preventing diabetes



Lowering blood pressure
or cholesterol



Getting more exercise



Reducing stress



Feeling better and
healthier overall



Explore your new benefit now

Visit vida.com/AtHome to learn more about Vida. For assistance with enrolling, email support@vida.com.



Meet Karen

Because of Vida, I've lowered my blood sugar and my cholesterol. More importantly, I feel better. I have less pain, more energy, and a better relationship with food. I found exercise that I love and made changes that I know will last. Vida has changed my life for the better, perhaps even saved my life.

All team members, spouses/domestic partners and dependents over 18 on the At Home medical plan are eligible for Vida at no cost.