



Lose weight and manage your health with **Vida**



Vida Health is a virtual health program available at no cost to you. Do you have nutrition, weight loss, or health condition management goals? **We can help.**

Use Vida's mobile app to message your coach and meet through video calls. Receive the support you need to move towards your goals.

What do you get with Vida?



Weekly video calls with your care team



Daily tips and clear steps for eating, exercise, and more



Coach support through in-app chat



After your first session, you may qualify for a free health device.

Getting started is easy

Sign up at:

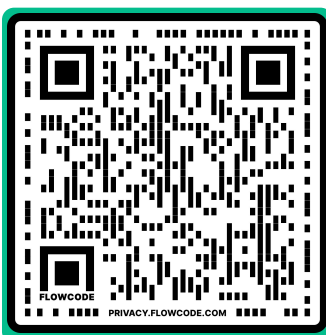
vida.com/Veradigm



Answer some questions about your health history, goals and preferences.



Download the app and schedule your first session to get started!



To learn more, scan the QR code or visit **vida.com/Veradigm**

Have questions? Call us at **833-732-2242**

All Veradigm employees and their dependents aged 18+ enrolled in an BCBSNC health insurance plan are eligible for Vida health at no charge.