

# **Achieve your health goals with personalized support from Vida** <sup>[1]</sup>

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Build healthy habits that last through one-on-one coaching, clinical expertise and digital tools from the Vida Health app — free for eligible CU Health Plan members.

Administered through CVS, Vida provides you with a virtual care team dedicated to helping you achieve your health goals. Your team can provide support for:

- Healthy eating and nutrition.
- Physical activity and exercise.
- Weight management.
- Diabetes prevention and management.
- High blood pressure.
- High cholesterol.
- Stress management.
- Better sleep.

You can reach your care team through video appointments and secure in-app messaging. Together, you'll build action plans that you can sustain long term to meet your goals. Additional digital tools, interactive content and data syncing from fitness devices will support your progress.

Videos, educational materials and coaching sessions are available in both Spanish and English, and Vida provides culturally-adapted nutrition guidelines to ensure your plan fits your traditions and lifestyle.

## **How to Sign Up for Vida**

Vida is available to employees and dependents aged 18 and older who are enrolled in any CU Health Plan administered by Anthem/CVS. Get started in four quick steps:

1. [Create your account](#) <sup>[3]</sup>.
2. Answer a few questions about your health history and goals.
3. Download the Vida app and log in using the account information you created.
4. Schedule your first virtual appointment.

Whether you're looking to eat healthier, be more active or manage stress, Vida provides the tools you need to succeed.

[health & wellness](#) <sup>[4]</sup>, [CU Health Plans](#) <sup>[5]</sup>, [Anthem](#) <sup>[6]</sup>

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