


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



**Vida Health** is a virtual health program available at no cost to you. Do you have 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?

-  Video calls with your care team
-  Personalized plans for eating, exercise, and more
-  Coach support through in-app chat
-  After your first session, you may qualify for a free health device
-  Medication management and prescribing, with labs as needed

## Getting started is easy

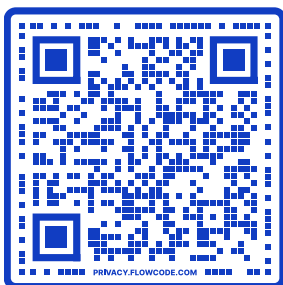
Sign up at:  
**vida.com/windstream**



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