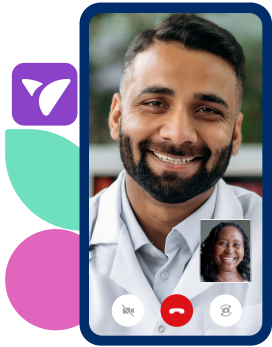


Personalized support for better health

Vida Health is a virtual health program available at no cost to you. You will have a dedicated care team to coach you to better health. If you are living with diabetes, Vida's clinical experts and digital resources can help.



What do you get with Vida?

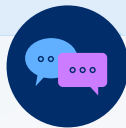


- ✓ Weekly video calls with your care team
- ✓ Daily tips and clear steps for eating, exercise and more
- ✓ Access to coach support through in-app chat
- ✓ If eligible, get devices like a smart scale, blood pressure cuff or glucometer

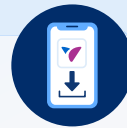
Getting started is easy



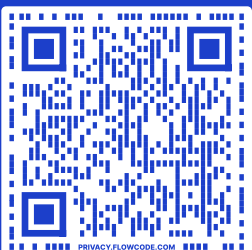
Sign up at:
stateoftn.sharecare.com
Access 'Achieve', select 'Programs'
and then 'Vida Health'



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 **sharecare.com/tnwellness/vida-health**

Have questions? Call us at **888-741-3390**, Monday-Friday, 8 a.m. to 8 p.m. CT