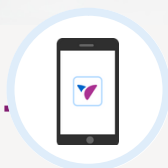


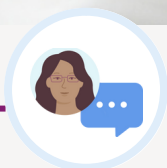


## A personal health coach to help you get healthier



**1**

Download the  
Vida Health app



**2**

Choose your employer 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 AWC Employee Benefit Trust – will match you with a health coach who will help you manage diabetes, reach a healthy weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life.

**Vida will help you get healthier. Better yet, AWC Employee Benefit Trust will cover the cost for you.**

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



Reaching a healthy 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/AWCTrust](https://vida.com/AWCTrust) to learn more about Vida.



### 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 employees, spouses, domestic partners, and retirees covered under the medical plan are eligible for Vida Health at no charge.*