



A personal health coach to help you get healthier



1
Download the Vida Health app



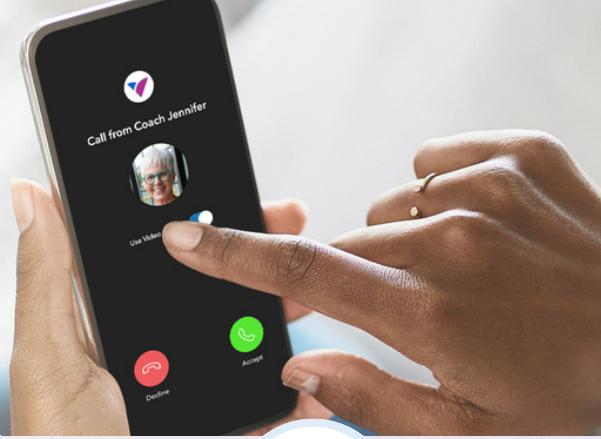
2
Choose your employer as your organization



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 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.