

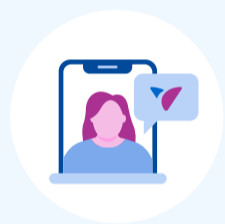
What are your health goals?

Provided through your SISC benefits at no cost, **Vida** is a **virtual health clinic** that offers personalized support and guidance to help you live your healthiest life.



What Vida offers

Expert guidance



Access to your own care team, which may include health coaches, dietitians, and/or therapists.

Personalized coaching



Work 1:1 with your health coach to create a plan tailored to your unique needs and goals.

Convenient app



Stay connected with your care team and track your progress anytime, anywhere with the Vida Health app.

Community support



Connect with others on a similar health journey. Be inspired and encouraged. You're not alone!



Tip of the Month

Be Kind to Your Mind: When you're focused on physical health, it's easy to forget that your mind matters, too. Studies show that reducing stress and improving mood boost your heart, brain, and weight health. Find quick stress relief audios and videos in the **Vida app**. Take a moment for yourself.

Ready? Let's manage your health.
Sign up at vida.com/SISC

