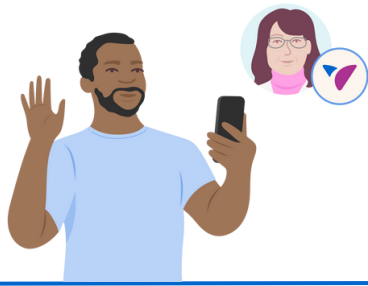




# Craving a healthier lifestyle but not sure where to start?



Vida Health, your new free benefit through Outrigger Hotels and Resorts, gives you access to a coach who can help you feel happier and healthier.

Vida works with you to tailor a plan to fit your specific needs, helping with health goals like:



Losing weight



Managing or preventing diabetes



Improving nutrition and exercise



Lowering your blood pressure or cholesterol

## Getting started is simple:



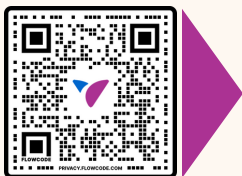
Download the Vida Health app to your phone and create an account. Be sure to choose Outrigger as your organization.



Choose the Whole Health program to manage chronic conditions, and pick a coach that fits your schedule and personality.



Schedule your first session to get started reaching your goals.



Download the Vida Health app or visit [vida.com/Outrigger](https://www.vida.com/Outrigger) to get started.

*Elig Statement: All hosts, their spouses/domestic partners and dependents 18+ enrolled in the HMSA medical plan that have been diagnosed with diabetes are eligible for Vida health coaching at no charge.*