Cylinder Digestive Health Program

Cylinder is a program to help improve health—starting with digestion. It includes an app, unlimited access to a dedicated Care Team consisting of a Registered Dietitian, a Health Coach, and tools like the GutCheck microbiome test. It's all done from home—private and at no cost.

What can Cylinder help with?

Symptoms like bloating, gas, acid reflux (heartburn), indigestion, bowel regularity, appetite regulation, trouble swallowing, hemorrhoids, constipation, diarrhea, abdominal pain, and incontinence.
Conditions like Crohn's disease, ulcerative colitis, celiac, GERD, IBS, fatty liver disease.
Stress management and mindfulness to support the gut-brain connection.

What's included?

- ✓ **Registered Dietitian**: One-on-one, personalized help with all things food — identifying symptom triggers, meal planning, recipes, nutrition tips, and improving overall gut health.

- ✓ **Health Coach:** Help with stress, goal setting, navigating the healthcare system, exercise, medication management, and making positive changes that last.

- ✓ **Gut Microbiome Analysis:** At-home GutCheck microbiome test and analysis.

- ✓ **Personal Nutrition:** Identify trigger foods to relieve digestive symptoms and reduce inflammation. Understand what works for your body by working with your Dietitian.
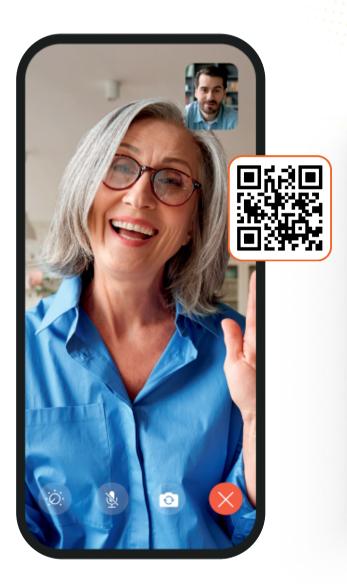
Who is eligible?

Cylinder is available to all employees and dependents (18+) enrolled in an NFP-sponsored UnitedHealthcare medical plan.

What's the cost?

This program is being offered at no cost to you.

Cylinder | **NFP**®

Ready to see how Cylinder can help you? Get started today!

1. Register
- Download Cylinder App
- Go to Go.CylinderHealth.com/NFP
- Use Code: NFP

2. Complete Your Health History

3. Schedule time with your Care Team
- Log in to your Cylinder App
- Click on "Care Team"
- Make an appointment

4. Feel your best!

Claim your benefit today:

Go.CylinderHealth.com/NFP or download the iOS or Android app. **Registration Code: NFP**
Call 1-833-336-9488 or Email support@cylinderhealth.com