

Get no-cost digestive health care with Cylinder!

This virtual, cutting-edge program includes access to a dedicated team of health experts, and tools like an at-home gut microbiome test. It's all done from one convenient app — private and no cost to you!



What can Cylinder help with?

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

What's included?

- ✓ **Registered Dietitian:** One-on-one, unlimited personalized help with all things food — identifying symptom triggers, meal planning, nutrition tips, and improving overall gut health.
- ✓ **Health Coach:** Unlimited no-cost appointments to help you achieve health goals, navigate healthcare decisions, improve sleep, stress, and fitness, and build lasting healthy habits.
- ✓ **At-Home Gut Microbiome Analysis:** Learn what bacteria are living in your gut and how a balanced microbiome affects your digestion, immune system, weight loss, and overall health.

Who is eligible and what's the cost?

NFP is offering the Cylinder program as a covered benefit to you and your dependents (age 18+) enrolled in an NFP-sponsored UnitedHealthcare plan at no cost to you.

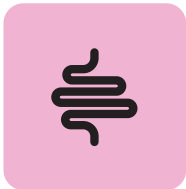
92% of Cylinder members see improved quality of life.

Ready to see how Cylinder can help you?
Claim your benefit today!



1. Register

Download Cylinder App or visit:
Go.CylinderHealth.com/NFP-Print
Use Code: NFP



2. Complete your health history



3. Schedule with your Care Team

Log in to your Cylinder App
Click on "Care Team"
Make an appointment