

Take Charge of Your Health

As a Sutter Health Plan member*, you have access to Vida Health at no additional cost. Vida is a virtual health program designed to help you lose or maintain a healthy weight, and to manage or prevent chronic conditions including diabetes, high blood pressure and high cholesterol — all from the comfort of your home.



Care That Fits Your Life

- **Personalized Support:** Connect with accredited health coaches and registered dietitians through one-on-one video visits and in-app messaging.
- **Comprehensive Tools:** Track food, exercise, sleep habits and more. Access healthy recipes, actionable digital health insights and integrate third-party devices and apps.
- **Prevention Focus:** Address prediabetes and other risk factors early to help prevent chronic disease.
- **Chronic Condition Management:** Get expert guidance and monitoring for weight loss, diabetes and other conditions.
- **Convenient Access:** All resources are available through your mobile app, making it easy to stay on track wherever you are.

Working Together for Your Health

If your doctor prescribes drugs for weight loss, they must submit a prior authorization to CVS Caremark® for weight loss drugs coverage. Members age 18 and older must enroll in the Vida comprehensive weight loss program and meet monthly engagement requirements to qualify for coverage of weight loss drugs.* Vida can provide additional information about weight loss drug prior authorization criteria.



Enroll Today

You can self-enroll by visiting [vida.com/sutterhealthplan](https://www.vida.com/sutterhealthplan) or by calling Vida Member Support at **833-732-2242**.

* Vida is available to all members 18 and older. Some exclusions and limitations apply.