

Starting October 1: Manage your health and lose weight with Vida

Do you have weight loss goals or health conditions like high blood pressure, prediabetes, or diabetes, that you manage?

We can help.

Vida Health is a new benefit available at no cost starting October 1, 2025 to all employees and their dependents aged 18+ enrolled in a Columbus City Schools medical plan.

What do you get with Vida?



Weekly video calls with your care team



Daily tips and clear steps for eating, exercise, and more



Coach support through in-app chat



After your first session, you may qualify for a free health device.



Medication management and prescribing, with labs as needed



Getting started is easy

Sign up at:

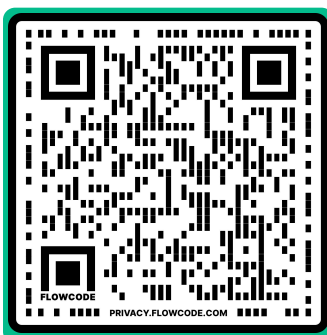
vida.com/columbuscityschools



Answer some questions about your health history, goals and preferences.



Download the app and schedule your first session to get started!



To learn more, scan the QR code
or visit **vida.com/columbuscityschools**

Have questions? Call us at **833-732-2242**

All employees and their dependents aged 18+ enrolled in a Columbus City Schools medical plan are eligible for Vida Health at no charge.