

# 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 you and your dependents (18+) enrolled in an Arkansas Blue Cross and Blue Shield-sponsored medical plan.

## What's the cost?

This program is being offered at no cost to you.

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



## 1. Register

- Download Cylinder App
- Go to [Go.CylinderHealth.com/AR](https://Go.CylinderHealth.com/AR)
- Use Code: ARK

## 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 offering today:**

**[Go.CylinderHealth.com/AR](https://Go.CylinderHealth.com/AR) or download the iOS or Android app. Registration Code: ARK**

**Call 833-336-9488 or Email [support@cylinderhealth.com](mailto:support@cylinderhealth.com)**