

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 including a Registered Dietitian, a Health Coach, and tools like the GutCheck microbiome test. It's all done from home — private and at no cost to you.

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 the body by working with a Dietitian.

Who is eligible?

You may be eligible for an exciting new offering at no additional cost.

What's the cost?

No cost to you as part of your plan as an additional program.

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



1. Register

- Download Cylinder App
- Go to Go.CylinderHealth.com/Cotality-print
- Use Code: Cotality

2. Complete Health History

3. Schedule time with the Care Team

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

4. Feel the best!

Claim the offer today:

Go.CylinderHealth.com/Cotality-print or download the iOS or Android app.

Access Code: Cotality

Call 833-336-9488 or Email support@cylinderhealth.com