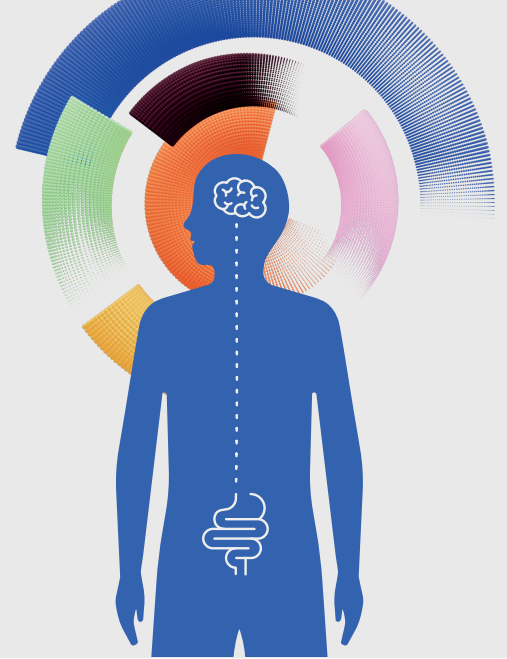


# Get no-cost digestive health care with Cylinder!

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.
- ✓ **Physicians:** No co-pays, no commute, no waiting room. Complete access to physicians including internists and gastroenterologists.
- ✓ **At-Home Gut Microbiome Analysis:** Measure the good and bad bacteria in your gut, and find out what it means for your health.

## Who is eligible and what's the cost?

- GuideStone® is now offering the Cylinder program to all US based participants and dependents 18+ enrolled in a GuideStone health plan at no additional cost to you!

# 92% of Cylinder members see improved quality of life.

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

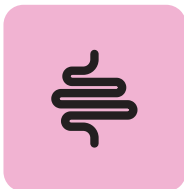


## 1. Register

Download Cylinder App or visit:

**Go.CylinderHealth.com/GuideStone-print**

Use Code: **GuideStone**



## 2. Complete your health history



## 3. Schedule with your Care Team

Log in to your Cylinder App

Click on "Care Team"

Make an appointment