

COMING JANUARY 2027

Turn better health into better days

Working towards improving your health? Reaching your goals doesn't have to be a solo effort, since Vida will be included with your **Sony benefits** at no additional cost starting January 1, 2027.

Vida connects you with a real person who will take the time to understand your health goals and your life. Together, you'll build a plan that actually fits so you can get back to feeling your full self.



What's your goal? Get support to achieve it.

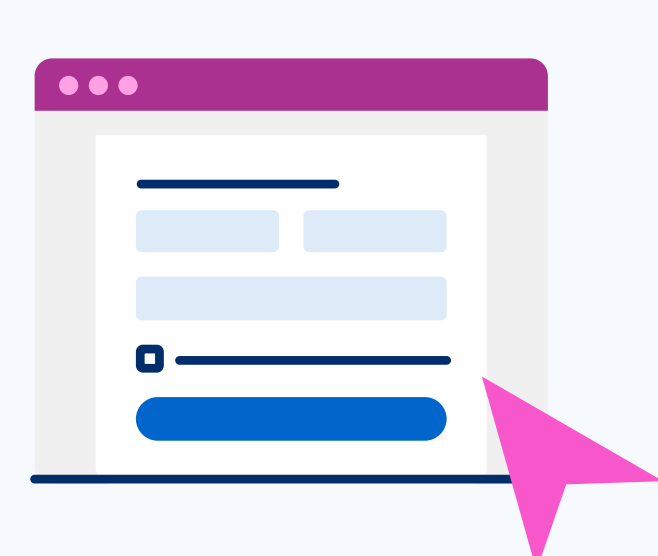
Scan QR or learn more at vida.com/sony/go

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

How Vida works

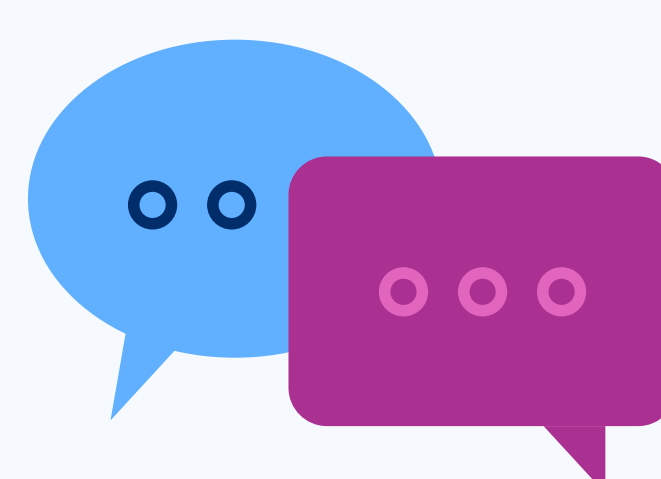
Vida is a virtual health program that helps you maintain a healthy weight and prevent or manage health conditions like diabetes, high blood pressure, and high cholesterol.

Weight loss medicine prescribing may be included as part of your care plan.



1

Learn more using the link or QR above, and answer a few questions about your goals and history.



2

Work with a Vida health expert to build a plan that works for you.



3

Use Vida's app to track your progress, talk to your support team, and stay motivated.