



A personal health coach or therapist to help you get healthier



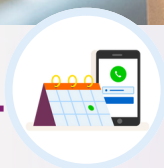
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Download the
Vida Health app



2

Choose AeroVironment as
your organization



3

Choose your coach and
schedule
your first session



4

Develop new
healthy habits and
reach your goals

Vida Health – your newest free health benefit through AeroVironment – will match you with a health coach or therapist who will help you manage diabetes, lose weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life.

Vida will help you get healthier. That's why AeroVironment will cover the cost for you.

With Vida, you'll get a virtual coach or therapist to help you with things like:



Losing weight



Managing and
preventing diabetes



Lowering blood pressure
or cholesterol



Getting more exercise



Managing stress, anxiety, and
depression



Feeling better and
healthier overall



Explore your new benefit now

Visit vida.com/AeroVironment to learn more about Vida.



Meet Karen

Because of Vida, I've lowered my blood sugar and my cholesterol. More importantly, I feel better. I have less pain, more energy, and a better relationship with food. I found exercise that I love and made changes that I know will last. Vida has changed my life for the better, perhaps even saved my life.

All US Employees, Spouses and Dependents 18+ enrolled in AeroVironment's Trustmark medical plans are eligible for Vida at no charge.