



Control Your Health and Feel Your Best with Ciba Health

Those who serve others often put their own needs last. But your health is essential to continuing to care for your family, your congregation, and your community.

We're here to help you manage...

- ✓ Type 2 diabetes
- ✓ Prediabetes
- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Weight concerns
- ✓ Fatigue & low energy
- ✓ Chronic pain
- ✓ Hormonal imbalances
- ✓ Thyroid disorders
- ✓ Digestive issues
- ✓ Skin problems
- ✓ Sleep disturbances

This 12-month program is fully covered through Evangelical Presbyterian Church.

Meaningful improvements:

90% feel better and see improvement in their symptoms
95% report improved energy levels and sleep
30 lb average weight loss

Methodology

Ciba Health uses a root-cause approach to understand the underlying cause of illness. This approach explores contributing factors behind chronic conditions to support personalized care.

How it Works

You get **1-on-1 support** from your **doctor, dietitian, and health coach** from day one. A nurse care manager helps you get set up with everything you need: lab testing, doctor appointments, and health tracking tools. It's all part of your program.

What Happens After 12 Months? Your journey doesn't end. You can transition into our Maintenance Program to keep your progress going strong. We'll check in regularly, fine-tune your plan, and stay connected with your regular doctor to ensure you have ongoing support.

*Ciba Health works alongside your primary care provider and does not replace medical care.

The Ciba Health approach includes...

- 1:1 visits with a Board-Certified Physician
- 1:1 visits with a Registered Dietitian
- 1:1 visits with a Certified Health Coach
- Comprehensive lab panel
- Targeted nutrition support
- Connected devices
- Real-time health data for you and your care team to track progress
- Personalized plan for your health goals
- A proven path to lasting results

**Based on your needs, you'll receive
FULLY COVERED smart health devices such as...**



Continuous glucose
monitor (CGM)



Smart scale



Blood pressure
monitor



Sleep/fitness
tracker

Care for yourself as you care for others!
It's simple. It's powerful. It's free.

Scan or click the QR code to sign up.

