

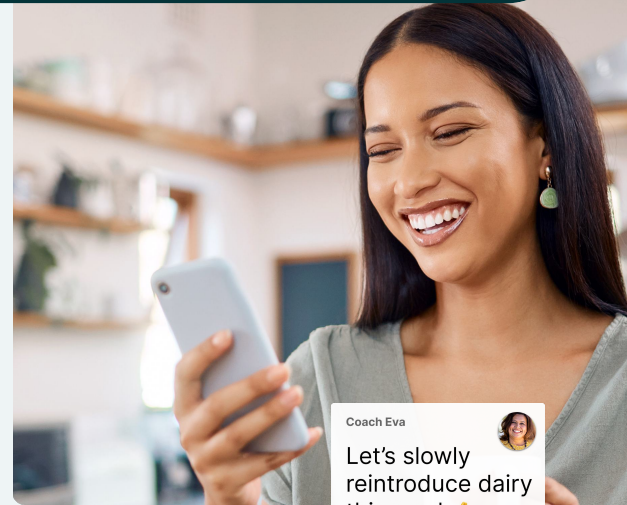


Get digestive care at no cost to you
with your Cigna Health plan

FREE! Virtual Digestive Care That Works

Ready for fewer bad symptom days? You have access to expert digestive care through Ayble Health — online and on your terms.

- ✓ Diarrhea
- ✓ Constipation
- ✓ Bloating
- ✓ Heartburn/Reflux
- ✓ IBS
- ✓ Crohn's Disease
- ✓ Ulcerative Colitis
- ✓ GERD ... and more!



Coach Eva
Let's slowly reintroduce dairy this week 🍌
[Join Visit](#)

Everything you need to find digestive relief, with Ayble:



Unlimited virtual visits with your care team

See medical providers, dietitians, pharmacists, and health coaches within days — not weeks.



1-1 nutrition coaching & food trigger support

Long-term GI-friendly diet support from dietitians & health coaches — no more guesswork!



Personalized symptom relief plan

Tackle mystery symptoms once and for all with medications, labs, diet, mind-gut support, and more!

**Am I eligible? What
does this cost?**

If you're enrolled in the Cigna health plan or Cigna HSA plan, there is no out-of-pocket cost to you and your dependents!

If you're not enrolled in Cigna, don't worry! You get 40% off with code DSG40 at check out.



Questions? Visit
www.ayblehealth.com/dsg or reach out to us at
(857) 416-9299 or
support@ayblehealth.com

Start your Ayble journey today!

1. Scan the QR code with your smartphone camera to enroll
2. Meet your care team & build your personalized plan
3. Get ongoing support, every step of the way