



Just Another
Health Benefit ?

GIThrive is the **FIRST ALL-IN-ONE**
digital program for digestive health and disease.

So what makes **GIThrive** from Vivante Health different?
Well, it starts with our approach.



Whole Person Approach

- Nutrition, medication, *and* behavioral health support
- Solutions tailored to the individual
- NOT one-size-fits-all



Clinical Nutrition

- **Gut Repair:** Special diets to relieve GI inflammation and repair damaged tissue so food can do its job: fuel the body.
- **Symptom Control:** Using science and data for each user, we can clearly identify trigger foods—for up to 100% symptom control



Smarter Meds

When users understand how food and lifestyle choices can actually make their Rx meds more effective with fewer side effects, a magical thing happens: they start to feel better!

And when they feel better, they become less dependent, **reducing or eliminating** the need for expensive Rx drugs.



24/7 Support

- Human Care Teams
- Registered Dietitian for nutrition therapy
- Health Sherpa to coordinate care and guide members through the GIThrive program
- On-call nurse line to prevent acute events, like ER visits during a symptom flare



Behavior Change

Self-paced courses designed to cut through the clutter of life so GIThrive members can form new habits—quickly and with minimal effort. There's a formula to it:

- First the TRUTH—the science bit
- Then then the DARE—where the user is challenged to do a short, simple activity related to the science. The dare part, actually *doing* something, is what really makes the concept stick.

For the user it's simple, but the psychological research behind it is quite profound.



Our mission is better health, gut first

and to reduce the costs associated with digestive conditions. Through a personalized, multidisciplinary approach, we're doing just that.