

Eat better, feel happier, live healthier.

- ✓ Achieve Ideal Weight
- ✓ Improve Digestive Health
- ✓ Manage Diabetes
- ✓ Access GLP-1s for Weight Loss



Your health benefit **includes**



- ✓ Gut & Gene Testing Kits
- ✓ Glucose Monitoring Device
- ✓ Tailored Meals
- ✓ Health Coach
- ✓ GLP-1s for weight management



Sign
Up

digbihealth.com/prism

Fully covered for qualifying
members enrolled in **Anthem**
or **Blue Shield**.

Happy Members, Real Stories.

humans
of digbi
health

30

POUNDS
LOST

James



I dropped 30 pounds in four months, and reduced my Prostate risk levels to a normal range. Digbi transformed my life for the better.

12

POUNDS
LOST

Ofelia

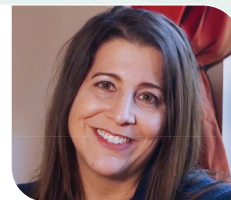


I'll now be in the best shape of my life as I turn 50. I can exercise more, my GI issues are better, and so is my mood. I want my family to join!

25

POUNDS
LOST

Arlene



My gene test told me that I'm sensitive to healthy fats. I reduced my stress and cravings, and lost 25 pounds. This program is a part of my life!

Get Started



- Sign up for the program
- Download mobile app
- Gut biome & Gene test kits
- Dedicated Health Coach
- Tailored meal plans
- Prior authorization for weight management GLP-1s



Loved and trusted
by thousands of
members



based on 2000+ ratings



Sign
Up

digbihealth.com/prism

Have questions? Reach us at prism@digbihealth.com or at (866) 344-2189

Your Digbi Health Journey: FAQs

Welcome to the Digbi Health program, a personalized 52-week journey designed to transform your health and wellness. This guide outlines the key steps to join the program, navigate the app, meet your coach, and make the most of your tailored health insights.

Whether you're managing your **weight, Type 2 Diabetes, digestive health, or taking GLP-1s for weight management**, Digbi is here to support you with care tailored to your biology.

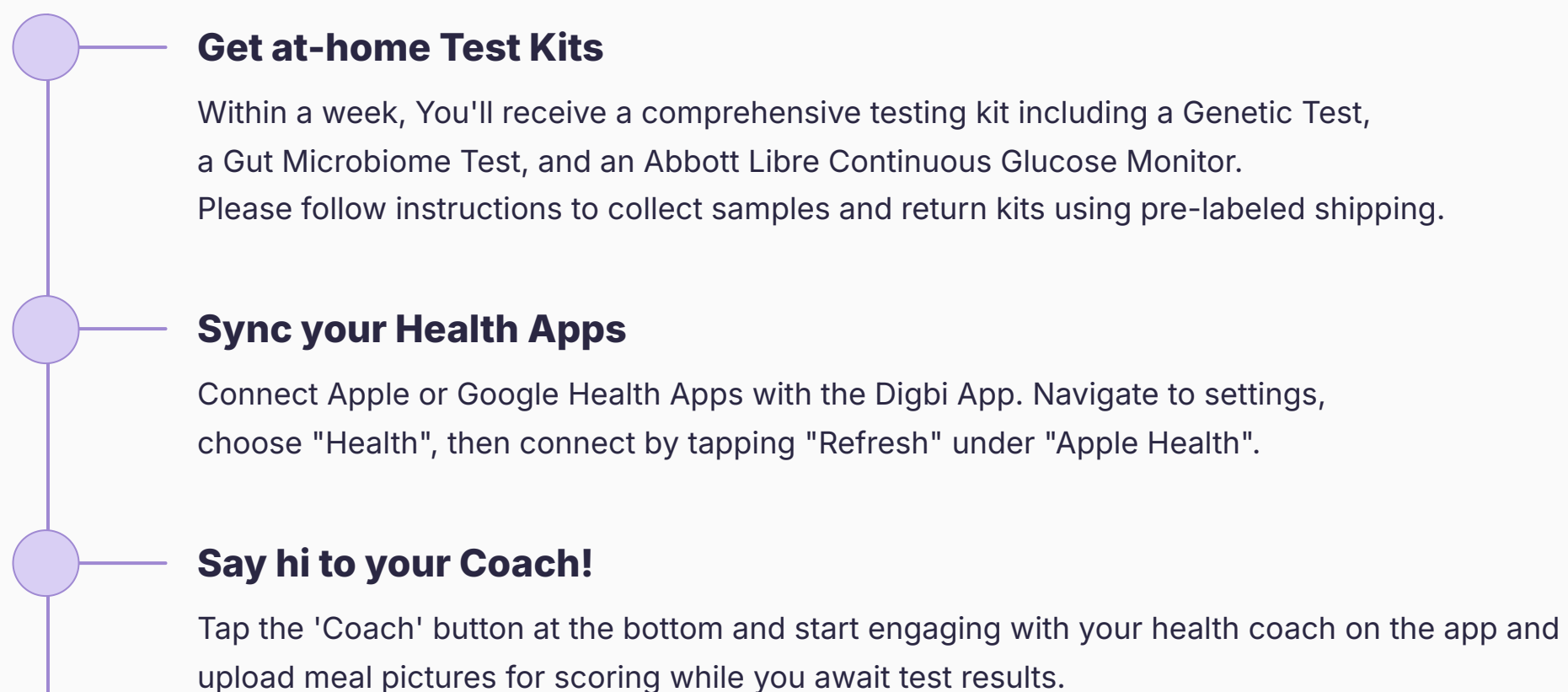
Digbi Health is available at no cost for eligible members covered by Anthem or Blue Shield through your employer.

Step 1: Join the Digbi Program

- Check Your Eligibility:** Take a 2-min quiz here: <http://digbihealth.com/prism>
- Eligibility criteria:**
 - 18 years or older and enrolled in Anthem or Blue Shield **(Mandatory)**
 - BMI 30 or higher (OR)
 - BMI 25-29 with one related cardiometabolic comorbidity (OR)
 - Hypertension or High Cholesterol (OR)
 - Type 2 Diabetes or Pre-Diabetes (OR)
 - GI Condition (OR)
 - If you're not eligible, please review your answers or contact us at prism@digbihealth.com.
- Download mobile app:** If you're eligible, download here: <https://onelink.to/digbi>
- Onboarding and Kits:** On the app, please confirm shipping address and answer onboarding questions. After that, your kits will be ordered to your address, automatically!
- GLP-1s for weight management:** Starting January 1, 2026, you will have 90 days to go through Digbi Health's Reauthorization for weight management GLP-1 medication based on the new eligibility criteria.

Step 2: Your Journey Begins

Our mobile app will take you sequentially through all mentioned steps. **It'll only take 5 min!**



What you get: Personalized Health Insights



Gut and Gene Test Kits

Get custom recommendations based on your test results to help reverse your conditions.



Health coaching

Access a health coach and keep uploading meal photos to track dietary changes.



Access to GLP-1s

To start or continue weight management GLP-1 treatment, please enroll in the program.

Step 3: Navigate the app with ease

Your Digbi app is your daily health hub. You'll track meals, symptoms, and see your progress, all in one place.



Insights

Discover gut and genetic test results and explore the Food Guide for nutritional advice.



Food

Create recipe collections, gather food tips, and find recipes that contribute to high Food scores.



Dashboard

Monitor symptoms and track progress. Log food photos, gut symptoms, exercises, and other lifestyle activities.



Coach

Engage with a coach, view Food Scores, and arrange calls for guidance.



Menu

Access the Digbi Community, videos, testing kit status, CGM device, and support.



How Digbi Helps You Feel Better

- Lose weight and keep it off
- Improve digestion and energy
- Lower blood sugar, A1c, or cholesterol
- Get support with or without medication

Step 4: Access GLP-1s for weight management

New Requirements, effective Jan 1, 2026

Check Your Eligibility: Take a 2-min quiz here: <https://digbihealth.com/prism>

- 18 years or older and enrolled in Anthem or Blue Shield **(Mandatory)**
- BMI 40 or higher without any comorbidity (OR)
- BMI 35 - 39 with at least one related comorbidity (OR)
- **Mandatory:** If you're on a GLP-1 for weight management, you should have lost 5% weight since starting them. Don't worry, *if you're new to the medication, you have 90 days to make progress.*
- Digbi will be the sole prescriber for **ALL** weight loss medications