



A virtual health program to help you lose weight and manage health conditions

Vida Health is a new benefit available **at no cost** starting January 1, 2026 to all employees and their dependents aged 18+ enrolled in an active Eaton medical plan.

Do you have weight loss goals or health conditions like type 1 diabetes, high blood pressure, or high cholesterol, that you manage? **We can help.**



When you enroll with Vida, you'll get

- 1:1 video sessions that you can schedule on your phone
- Support and resources tailored to managing and preventing chronic conditions
- Personalized, actionable, and timely digital health insights via your mobile app
- After your first session, you may qualify for a free health device

Vida will be part of your benefits starting **1/1/2026**.
Learn more at **vida.com/eaton**.

