

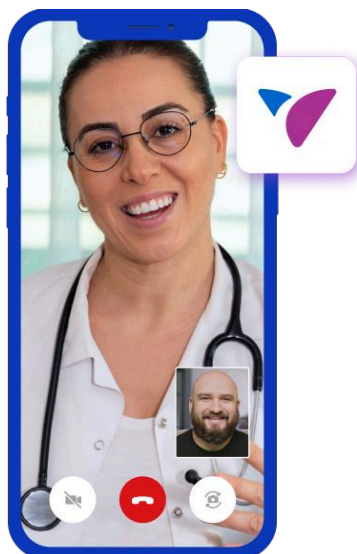


JOHNS HOPKINS
UNIVERSITY

Starting January 1, 2026: Manage your health and lose weight with Vida, a virtual health program

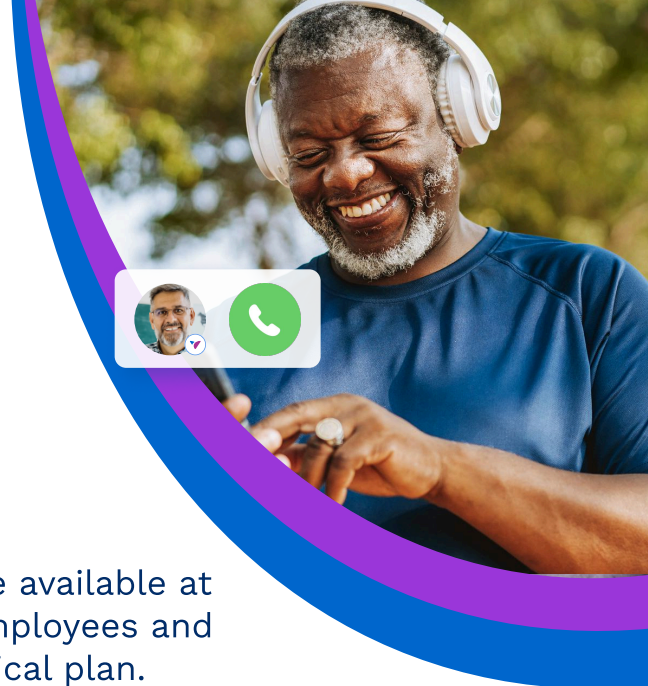
Vida Health, a virtual health program, will soon be available at no additional cost to Johns Hopkins University employees and family members (18+) enrolled in a CareFirst medical plan.

Whether you want to lose weight or manage a health condition, Vida can help. Vida offers clinical support for conditions like diabetes, high blood pressure, and high cholesterol, plus guidance on weight loss, nutrition, and healthy habits.



When you enroll with Vida, you'll get

- 1:1 video sessions that you can schedule on your phone, and 24/7 live support
- 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/JHU**.